



Grande Ronde Fitness Club

Swimming Pool Schedule

Revised 1.1.2023

2214 Adams Ave, La Grande
 541-963-CLUB (2582)
www.GRFitnessClub.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM - 8:15AM	Exercise Swim					Exercise Swim	Open Swim
8:20AM - 9:30AM	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>		
9:35AM - 10:30AM	Exercise Swim				New Day Clients	Open Swim	10:00AM - 3:30PM
10:30AM - 12:00PM							
12:00PM - 1:00PM							
1:00PM - 3:30PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	10:00AM - 7:30PM	
3:30PM - 4:30PM							
4:30PM - 9:30PM							