



# Grande Ronde Fitness Club

## Swimming Pool Schedule

Revised 1.4.2024

2214 Adams Ave, La Grande  
 541-963-CLUB (2582)  
[www.GRFitnessClub.com](http://www.GRFitnessClub.com)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am -8:15am	<b>Exercise Swim</b>					<b>Exercise Swim</b>	
8:20am - 9:30am	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>	<i>Aqua Aerobics</i>		
9:30am -10:30am	<b>Exercise Swim</b>					<b>NEW DAY</b>	Open Swim
10:30am -12:00pm							
12:00pm -1:00pm							
1:00pm -5:30pm	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	<b>10:00am -7:30pm</b>	<b>10:00am -3:30pm</b>
5:30pm -6:30pm	<i><b>Aqua Fit</b></i>		<i><b>Aqua Fit</b></i>		<i><b>Aqua Fit</b></i>		
6:30pm -9:30 pm	Open Swim		Open Swim		Open Swim		