Carnegie

Prepared: 14/Nov/26 02:28:29

Monday

Morning

Public Swimming	6:00am - 6:00pm	Carnegie	4 Lanes Main Pool
Lane Swimming	6:00am - 10:15am	Carnegie	2 Lanes Main Pool
Public Swimming	8:00am - 10:15am	Carnegie	
Qi Gong	8:15am - 9:00am	Carnegie	
Aqua Aerobics	8:30am - 9:15am	Carnegie	
Aqua Aerobics	8:30am - 9:15am	Carnegie	
Hatha Yoga	9:30am - 10:15am	Carnegie	
RPM	9:30am - 10:15am	Carnegie	
Active Back Care	9:45am - 10:45am	Carnegie	
BodyPump	10:30am - 11:15am	Carnegie	
RPM (V)	10:30am - 11:15am	Carnegie	
Ladies BoxFit	10:30am - 11:15am	Carnegie	
49ers - Badminton	10:30am - 12:00pm	Carnegie	
Public Swimming	10:45am - 8:00pm	Carnegie	
DANCE (V)	11:30am - 12:15pm	Carnegie	

Afternoon

Public Swimming	6:00am - 6:00pm	Carnegie	4 Lanes Main Pool
Public Swimming	10:45am - 8:00pm	Carnegie	
DANCE (V)	11:30am - 12:15pm	Carnegie	
Hatha Yoga	12:00pm - 12:45pm	Carnegie	

Active Circuit	12:00pm - 12:45pm	Carnegie	
Vinyasa Yoga	1:00pm - 1:45pm	Carnegie	
BodyBALANCE (V)	3:15pm - 4:00pm	Carnegie	
Active for Health	5:30pm - 6:30pm	Carnegie	
Evening			
Public Swimming	10:45am - 8:00pm	Carnegie	Children's Pool
Active for Health	5:30pm - 6:30pm	Carnegie	
Body Conditioning	6:00pm - 6:45pm	Carnegie	
HYROX	6:00pm - 7:00pm	Carnegie	
BodyPump	6:00pm - 6:45pm	Carnegie	
Body Conditioning	6:00pm - 6:45pm	Carnegie	
Active for Life	6:30pm - 7:30pm	Carnegie	
Hatha Yoga	7:00pm - 7:45pm	Carnegie	
RPM	7:00pm - 7:45pm	Carnegie	
BodyBALANCE (V)	8:00pm - 8:45pm	Carnegie	
Lane Swimming	8:00pm - 9:30pm	Carnegie	1 Lanes Main Pool
Public Swimming	8:00pm - 9:30pm	Carnegie	Main Pool

Tuesday

Morning			
Public Swimming	6:00am - 10:45am	Carnegie	4 Lanes Main Pool
Lane Swimming	6:00am - 10:45am	Carnegie	2 Lanes Main Pool
Sunrise Bootcamp	6:15am - 7:00am	Carnegie	
Sunrise Bootcamp	6:15am - 7:00am	Carnegie	
Public Swimming	8:15am - 12:45pm	Carnegie	
Public Swimming	8:15am - 12:45pm	Carnegie	
Fitness Pilates	9:00am - 9:45am	Carnegie	
Shapes	9:30am - 10:15am	Carnegie	

Active for Health	9:30am - 10:30am	Carnegie	
Active for Health	9:30am - 10:30am	Carnegie	
Fitness Pilates	10:00am - 10:45am	Carnegie	
Pickleball Beginners	10:00am - 11:00am	Carnegie	
Active for Life	10:00am - 11:00am	Carnegie	
Ladies BoxFit	10:30am - 11:15am	Carnegie	
RPM	10:30am - 11:15am	Carnegie	
Public Swimming	10:45am - 11:45am	Carnegie	6 Lanes Main Pool
Pilates	11:00am - 11:45am	Carnegie	
Aqua Aerobics	11:00am - 11:45am	Carnegie	
Pickleball Social	11:00am - 1:00pm	Carnegie	
Lane Swimming	11:45am - 6:00pm	Carnegie	2 Lanes Main Pool
Public Swimming	11:45am - 6:00pm	Carnegie	4 Lanes Main Pool
Senior Flex	11:55am - 12:40pm	Carnegie	
Afternoon			
Public Swimming	8:15am - 12:45pm	Carnegie	
Public Swimming	8:15am - 12:45pm	Carnegie	
Pickleball Social	11:00am - 1:00pm	Carnegie	
Lane Swimming	11:45am - 6:00pm	Carnegie	2 Lanes Main Pool
Public Swimming	11:45am - 6:00pm	Carnegie	4 Lanes Main Pool
Senior Flex	11:55am - 12:40pm	Carnegie	
Sprint (v)	12:00pm - 12:30pm	Carnegie	
Active Circuit	12:15pm - 1:00pm	Carnegie	
Public Swimming	12:45pm - 8:00pm	Carnegie	
Active Circuit	1:15pm - 2:00pm	Carnegie	
BodyBALANCE (V)	1:30pm - 2:15pm	Carnegie	
Active Strength and Balance	2:15pm - 3:00pm	Carnegie	

Junior Gym	4:00pm - 4:45pm	Carnegie	
Sprint (v)	5:15pm - 5:45pm	Carnegie	
HYROX	5:45pm - 6:45pm	Carnegie	
BodyPump	5:45pm - 6:45pm	Carnegie	
Evening			
Public Swimming	12:45pm - 8:00pm	Carnegie	Children's Pool
HYROX	5:45pm - 6:45pm	Carnegie	
BodyPump	5:45pm - 6:45pm	Carnegie	
RPM	6:00pm - 6:45pm	Carnegie	
Active for Life	6:00pm - 7:00pm	Carnegie	
BodyBalance	7:00pm - 7:45pm	Carnegie	
Step	7:00pm - 7:45pm	Carnegie	
TRIP (V)	7:00pm - 7:45pm	Carnegie	
BodyBalance	7:00pm - 7:45pm	Carnegie	
Step	7:00pm - 7:45pm	Carnegie	
GRIT Strength (V)	8:00pm - 8:30pm	Carnegie	
GRIT Strength (V)	8:00pm - 8:30pm	Carnegie	
BodyCOMBAT (V)	8:30pm - 9:15pm	Carnegie	

Wednesday

Morning			
Lane Swimming	6:00am - 4:00pm	Carnegie	2 Lanes Main Pool
Public Swimming	6:00am - 6:00pm	Carnegie	4 Lanes Main Pool
RPM (V)	6:15am - 7:00am	Carnegie	
HYROX	6:30am - 7:15am	Carnegie	
Public Swimming	8:00am - 9:15am	Carnegie	
Qi Gong	9:15am - 10:00am	Carnegie	
HYROX	9:30am - 10:15am	Carnegie	

RPM	9:30am - 10:15am	Carnegie	
HYROX	9:30am - 10:15am	Carnegie	
Public Swimming	9:45am - 10:45am	Carnegie	
Chair Yoga	10:15am - 11:00am	Carnegie	
Zumba	10:30am - 11:15am	Carnegie	
Breathwork and Meditation	11:15am - 12:00pm	Carnegie	
Public Swimming	11:15am - 1:00pm	Carnegie	
BodyBalance	11:20am - 12:05pm	Carnegie	
Afternoon			
Lane Swimming	6:00am - 4:00pm	Carnegie	2 Lanes Main Pool
Public Swimming	6:00am - 6:00pm	Carnegie	4 Lanes Main Pool
Public Swimming	11:15am - 1:00pm	Carnegie	
BodyBalance	11:20am - 12:05pm	Carnegie	
DANCE (V)	12:15pm - 1:00pm	Carnegie	
RPM (V)	12:30pm - 1:15pm	Carnegie	
BodyPUMP (V)	1:00pm - 1:45pm	Carnegie	
Active Circuit	1:15pm - 2:00pm	Carnegie	
Active Circuit	1:15pm - 2:00pm	Carnegie	
Public Swimming	1:30pm - 2:00pm	Carnegie	
Active Circuit	2:15pm - 3:00pm	Carnegie	
Active Circuit	2:15pm - 3:00pm	Carnegie	
Public Swimming	2:30pm - 8:00pm	Carnegie	
Junior Tennis	4:00pm - 5:00pm	Carnegie	
Lane Swimming	4:00pm - 6:00pm	Carnegie	3 Lanes Main Pool
Active for Health	4:00pm - 5:00pm	Carnegie	
Active for Health	4:00pm - 5:00pm	Carnegie	
Basketball	4:45pm - 5:45pm	Carnegie	

Evening			
Public Swimming	2:30pm - 8:00pm	Carnegie	Children's Pool
Musical Theatre Fitness	6:00pm - 6:45pm	Carnegie	
Kettlebells	6:00pm - 6:45pm	Carnegie	
Lane Swimming	6:00pm - 8:00pm	Carnegie	1 Lanes Main Pool
Pickleball Beginners	6:00pm - 7:00pm	Carnegie	
Yin Yoga	6:30pm - 7:15pm	Carnegie	
Group Cycle	6:30pm - 7:15pm	Carnegie	
Body Conditioning	7:00pm - 7:45pm	Carnegie	
Pickleball Social	7:00pm - 9:00pm	Carnegie	
Active for Health	7:00pm - 8:00pm	Carnegie	
Active for Health	7:00pm - 8:00pm	Carnegie	
Vinyasa Yoga	7:15pm - 8:00pm	Carnegie	
DANCE (V)	8:00pm - 8:45pm	Carnegie	
Lane Swimming	8:00pm - 9:30pm	Carnegie	1 Lanes Main Pool
BodyBALANCE (V)	8:15pm - 8:00pm	Carnegie	

Thursday

Morning			
Public Swmming	6:00am - 6:30pm	Carnegie	4 Lanes Main Pool
Lane Swimming	6:00am - 12:15pm	Carnegie	2 Lanes Main Pool
Sunrise Bootcamp	6:15am - 7:00am	Carnegie	
Public Swmming	8:00am - 9:15am	Carnegie	
Group Cycle	9:30am - 10:15am	Carnegie	
Pilates	9:45am - 10:30am	Carnegie	
Bootcamp	9:45am - 10:30am	Carnegie	
Public Swmming	9:45am - 10:45am	Carnegie	

Pickleball Social	10:00am - 11:30am	Carnegie	
Low Impact Interval Training	10:35am - 11:05am	Carnegie	
Active Circuit	11:00am - 11:45am	Carnegie	
Active Circuit	11:00am - 11:45am	Carnegie	
BodyPUMP (V)	11:30am - 12:15pm	Carnegie	
Pickleball Social	11:30am - 1:00pm	Carnegie	
Public Swmming	11:45am - 1:15pm	Carnegie	
Afternoon			
Public Swmming	6:00am - 6:30pm	Carnegie	4 Lanes Main Pool
Lane Swimming	6:00am - 12:15pm	Carnegie	2 Lanes Main Pool
BodyPUMP (V)	11:30am - 12:15pm	Carnegie	
Pickleball Social	11:30am - 1:00pm	Carnegie	
Public Swmming	11:45am - 1:15pm	Carnegie	
RPM (V)	12:00pm - 12:45pm	Carnegie	
Aqua Aerobics	12:15pm - 1:00pm	Carnegie	
Active Circuit	12:15pm - 1:00pm	Carnegie	
Active Circuit	12:15pm - 1:00pm	Carnegie	
Lane Swimming	1:00pm - 1:45pm	Carnegie	1 Lanes Main Pool
Senior Flex	1:15pm - 2:00pm	Carnegie	
Active for Health	1:15pm - 2:15pm	Carnegie	
Active for Health	1:15pm - 2:15pm	Carnegie	
Public Swmming	1:45pm - 8:00pm	Carnegie	
Lane Swimming	1:45pm - 3:30pm	Carnegie	2 Lanes Main Pool
HYROX Youngstars	4:00pm - 5:00pm	Carnegie	
Active Move	4:00pm - 5:00pm	Carnegie	
Active Move	4:00pm - 5:00pm	Carnegie	
Lane Swimming	4:30pm - 6:30pm	Carnegie	2 Lanes Main Pool

RPM (V)	5:00pm - 5:45pm	Carnegie	
Strength Development	5:00pm - 5:45pm	Carnegie	
RPM (V)	5:00pm - 5:45pm	Carnegie	
Active for Health	5:00pm - 6:00pm	Carnegie	
Active for Health	5:00pm - 6:00pm	Carnegie	
Evening			
Public Swmming	6:00am - 6:30pm	Carnegie	Main Pool
Public Swmming	1:45pm - 8:00pm	Carnegie	Children's Pool
Lane Swimming	4:30pm - 6:30pm	Carnegie	2 Lanes Main Pool
RPM	6:00pm - 6:45pm	Carnegie	
BodyBalance	7:00pm - 7:45pm	Carnegie	
RPM (V)	7:00pm - 7:45pm	Carnegie	
GRIT Cardio (V)	8:00pm - 8:30pm	Carnegie	
Lane Swimming	8:30pm - 9:30pm	Carnegie	2 Lanes Main Pool
Public Swimming	8:30pm - 9:30pm	Carnegie	Main Pool

Friday

Morning			
Public Swimming	6:00am - 9:00am	Carnegie	4 Lanes Main Pool
Lane Swimming	6:00am - 9:00am	Carnegie	2 Lanes Main Pool
Lane Swimming	6:00am - 10:30am	Carnegie	2 Lanes Main Pool
Lane Swimming	6:00am - 10:30am	Carnegie	2 Lanes Main Pool
Lane Swimming	6:00am - 10:30am	Carnegie	2 Lanes Main Pool
Public Swimming	6:00am - 10:30am	Carnegie	4 Lanes Main Pool
Public Swimming	6:00am - 9:15am	Carnegie	4 Lanes Main Pool

Lane Swimming	6:00am - 9:15am	Carnegie	2 Lanes Main Pool
Public Swimming	8:00am - 1:30pm	Carnegie	
Ashtanga Yoga	8:30am - 9:15am	Carnegie	
Active Back Care	9:00am - 10:00am	Carnegie	
Active Back Care	9:00am - 10:00am	Carnegie	
Metafit	9:15am - 9:45am	Carnegie	
Aqua Aerobics	9:30am - 10:15am	Carnegie	
Ashtanga Yoga	9:30am - 10:15am	Carnegie	
Kettlebells	9:45am - 10:30am	Carnegie	
Active for Life	10:15am - 11:15am	Carnegie	
Active for Life	10:15am - 11:15am	Carnegie	
DANCE (V)	10:30am - 11:15am	Carnegie	
BoxFit	10:30am - 11:15am	Carnegie	
Chair Yoga	10:30am - 11:15am	Carnegie	
Public Swimming	10:30am - 11:15am	Carnegie	
Lane Swimming	10:30am - 11:15am	Carnegie	Training Pool
Active Aqua	10:30am - 11:15am	Carnegie	
Active Aqua	10:30am - 11:15am	Carnegie	
49ers - Short Tennis	11:00am - 12:30pm	Carnegie	
Public Swimming	11:30am - 1:00pm	Carnegie	
Afternoon			
Public Swimming	8:00am - 1:30pm	Carnegie	
49ers - Short Tennis	11:00am - 12:30pm	Carnegie	
Public Swimming	11:30am - 1:00pm	Carnegie	
Active Circuit	12:15pm - 1:00pm	Carnegie	
Active Circuit	12:15pm - 1:00pm	Carnegie	
HYROX	1:00pm - 2:00pm	Carnegie	
DANCE (V)	2:00pm - 2:45pm	Carnegie	

Public Swimming	2:00pm - 8:00pm	Carnegie	
BodyCombat	5:30pm - 6:15pm	Carnegie	
RPM	5:30pm - 6:15pm	Carnegie	
BoxFit	5:30pm - 6:15pm	Carnegie	
Evening			
Public Swimming	2:00pm - 8:00pm	Carnegie	Children's Pool
BodyCombat	5:30pm - 6:15pm	Carnegie	
RPM	5:30pm - 6:15pm	Carnegie	
BoxFit	5:30pm - 6:15pm	Carnegie	
BodyBALANCE (V)	6:00pm - 6:45pm	Carnegie	
DANCE (V)	7:30pm - 8:15pm	Carnegie	
DANCE (V)	7:30pm - 8:15pm	Carnegie	
Pool Disco	8:00pm - 9:30pm	Carnegie	Main Pool
Public Swimming	8:30pm - 9:30pm	Carnegie	Main Pool

Saturday

Morning			
Lane Swimming	8:00am - 10:45am	Carnegie	2 Lanes Main Pool
Public Swimming	8:00am - 5:00pm	Carnegie	4 Lanes Main Pool
RPM	8:30am - 9:15am	Carnegie	
HYROX	9:00am - 9:45am	Carnegie	
BodyPump	9:30am - 10:15am	Carnegie	
TRIP (V)	9:30am - 10:15am	Carnegie	
Public Swimming	11:00am - 4:00pm	Carnegie	
Afternoon			
Public Swimming	8:00am - 5:00pm	Carnegie	4 Lanes Main Pool
Public Swimming	11:00am - 4:00pm	Carnegie	
BodyCOMBAT (V)	1:00pm - 1:45pm	Carnegie	

Public Swimming	1:00pm - 5:00pm	Carnegie	
BodyPUMP (V)	2:00pm - 2:45pm	Carnegie	
BodyBALANCE (V)	3:00pm - 3:45pm	Carnegie	
BodyBALANCE (V)	3:00pm - 3:45pm	Carnegie	

Evening

Sunday

Morning

Lane Swimming	8:00am - 5:00pm	Carnegie	2 Lanes Main Pool
Public Swimming	8:00am - 4:00pm	Carnegie	4 Lanes Main Pool
Group Cycle	8:30am - 9:15am	Carnegie	
Group Cycle	8:30am - 9:15am	Carnegie	
Shapes	9:30am - 10:15am	Carnegie	
Vinyasa Yoga	9:30am - 10:15am	Carnegie	
Shapes	9:30am - 10:15am	Carnegie	
Low Impact Interval Training	10:20am - 10:50am	Carnegie	
Restoritive Yoga	10:20am - 11:05am	Carnegie	
Junior Gym	10:30am - 11:15am	Carnegie	

Afternoon

Lane Swimming	8:00am - 5:00pm	Carnegie	2 Lanes Main Pool
Public Swimming	8:00am - 4:00pm	Carnegie	4 Lanes Main Pool
DANCE (V)	12:00pm - 12:45pm	Carnegie	
BodyCOMBAT (V)	1:00pm - 1:45pm	Carnegie	
BodyPUMP (V)	2:00pm - 2:45pm	Carnegie	
BodyPUMP (V)	2:00pm - 2:45pm	Carnegie	
BodyBALANCE (V)	3:00pm - 3:45pm	Carnegie	
BodyBALANCE (V)	3:00pm - 3:45pm	Carnegie	

Evening