

SWIMRVA THERAPY POOL RESERVATIONS

MONDAY			
21-Sep-20			
TREADMILL #1 (North)	SwimRVA Family Member Name	TREADMILL #2 (South)	SwimRVA Family Member Name
6:00 AM - 6:45 AM		6:00 AM - 6:30 AM	
6:45 AM - 7:30 AM		6:30 AM - 7:15AM	
7:30 AM - 8:00 AM		7:15 AM - 8:00 AM	
6:00 PM - 6:45 PM		6:00 PM - 6:30 PM	
6:45 PM - 7:30 PM		6:30 PM - 7:15 PM	
7:30 PM - 8:00 PM		7:15 PM - 8:00 PM	
8:00 PM - 8:30 PM		8:00 PM - 8:30 PM	

TUESDAY			
22-Sep-20			
TREADMILL #1 (North)	SwimRVA Family Member Name	TREADMILL #2 (South)	SwimRVA Family Member Name
6:00 AM - 6:45 AM		6:00 AM - 6:30 AM	
6:45 AM - 7:30 AM		6:30 AM - 7:15AM	
7:30 AM - 8:15 AM		7:15 AM - 8:00 AM	
8:15 AM - 9:00 AM		8:00 AM - 8:45 AM	
9:00 AM - 9:45 AM		8:45 AM - 9:30 AM	
9:45 AM - 10:30 AM		9:30 AM - 10:15 AM	
10:30 AM - 11:15 AM		10:15 AM - 11:00 AM	
11:15 AM - 12:00 PM		11:00 AM - 11:45 AM	
12:00 PM - 12:45 PM		11:45 AM - 12:30 PM	
12:45 PM - 1:30 PM		12:30 PM - 1:15 PM	
1:30 PM - 2:15 PM		1:15 PM - 2:00 PM	
2:15 PM - 3:00 PM		2:00 PM - 2:45 PM	
3:00 PM - 3:45 PM		2:45 PM - 3:30 PM	
3:45 PM - 4:30 PM		3:30 PM - 4:15 PM	
4:30 PM - 5:15 PM		4:15 PM - 5:00 PM	
5:15 PM - 6:00 PM		5:00 PM - 5:45 PM	
6:00 PM - 6:45 PM		5:45 PM - 6:30 PM	
6:45 PM - 7:30 PM		6:30 PM - 7:15 PM	
7:30 PM - 8:00 PM		7:15 PM - 8:00 PM	
8:00 PM - 8:30 PM		8:00 PM - 8:30 PM	

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WEDNESDAY

23-Sep-20

TREADMILL #1 (North)	SwimRVA Family Member Name		TREADMILL #2 (South)	SwimRVA Family Member Name
6:00 AM - 6:45 AM			6:00 AM - 6:30 AM	
6:45 AM - 7:30 AM			6:30 AM - 7:15AM	
7:30 AM - 8:00 AM			7:15 AM - 8:00 AM	
6:00 PM - 6:45 PM			6:00 PM - 6:30 PM	
6:45 PM - 7:30 PM			6:30 PM - 7:15 PM	
7:30 PM - 8:00 PM			7:15 PM - 8:00 PM	
8:00 PM - 8:30 PM			8:00 PM - 8:30 PM	

THURSDAY

24-Sep-20

TREADMILL #1 (North)	SwimRVA Family Member Name		TREADMILL #2 (South)	SwimRVA Family Member Name
6:00 AM - 6:45 AM			6:00 AM - 6:30 AM	
6:45 AM - 7:30 AM			6:30 AM - 7:15AM	
7:30 AM - 8:15 AM			7:15 AM - 8:00 AM	
8:15 AM - 9:00 AM			8:00 AM - 8:45 AM	
9:00 AM - 9:45 AM			8:45 AM - 9:30 AM	
9:45 AM - 10:30 AM			9:30 AM - 10:15 AM	
10:30 AM - 11:15 AM			10:15 AM - 11:00 AM	
11:15 AM - 12:00 PM			11:00 AM - 11:45 AM	
12:00 PM - 12:45 PM			11:45 AM - 12:30 PM	
12:45 PM - 1:30 PM			12:30 PM - 1:15 PM	
1:30 PM - 2:15 PM			1:15 PM - 2:00 PM	
2:15 PM - 3:00 PM			2:00 PM - 2:45 PM	
3:00 PM - 3:45 PM			2:45 PM - 3:30 PM	
3:45 PM - 4:30 PM			3:30 PM - 4:15 PM	
4:30 PM - 5:15 PM			4:15 PM - 5:00 PM	
5:15 PM - 6:00 PM			5:00 PM - 5:45 PM	
6:00 PM - 6:45 PM			5:45 PM - 6:30 PM	
6:45 PM - 7:30 PM			6:30 PM - 7:15 PM	
7:30 PM - 8:00 PM			7:15 PM - 8:00 PM	
8:00 PM - 8:30 PM			8:00 PM - 8:30 PM	

FRIDAY**25-Sep-20**

TREADMILL #1 (North)	SwimRVA Family Member Name		TREADMILL #2 (South)	SwimRVA Family Member Name
6:00 AM - 6:45 AM			6:00 AM - 6:30 AM	
6:45 AM - 7:30 AM			6:30 AM - 7:15AM	
7:30 AM - 8:00 AM			7:15 AM - 8:00 AM	
5:00 PM - 5:45 PM			5:00 PM - 5:45 PM	
5:45 PM - 6:30 PM			5:45 PM - 6:30 PM	