



2024 INTERBAY SCHEDULE
Thursday Feb 1 through Friday March 1
4321 W Estrella St, Tampa FL 33629

DOLPHIN & INCLUSION

Monday, Wednesday, Thursday 4:15 - 5:00pm OR 6:00 - 6:45pm
Saturday 9:30 - 10:00am

WHITE GROUP

Monday, Wednesday 5:00 - 6:00pm
Thursday 4:40 - 6:00pm (dryland included)
Saturday 9:00 - 10:00am

RED & BLUE GROUP

Monday, Wednesday 5:00 - 6:00pm
Tuesday & Thursday 4:40 - 6:00pm (dryland included)
Saturday 9:00 - 10:00am

SILVER 1 GROUP

Monday, Wednesday 6:00 - 7:30pm
Tuesday, Thursday 5:45 - 7:30pm (dryland included)
Saturday 9:00 - 10:00am

BRONZE & SILVER GROUP

Monday, Wednesday 6:00 - 7:30pm
Tuesday, Thursday 5:15 - 7:30pm (dryland included)
Saturday 8:00 - 9:30am

*****MIDDLE SCHOOLERS MORNING OPTION:**

Monday, Tuesday, Thursday, Friday 6:00 - 7:30am

SENIOR GROUP

MORNINGS OFFERED: Monday, Tuesday, Thursday, Friday 6:00 - 7:30am
Tuesday, Thursday dryland 6:15 - 7:15 @ Freeland Fitness
Monday 3:00 - 5:00pm
Tuesday through Friday 4:00 - 6:00pm
Saturday 7:00 - 9:00am + dryland 9:20 - 10:20am