

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Sep 4		Thursday, Sep 5		Friday, Sep 6		Saturday, Sep 7	
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	BodyPump		Early Bird Circuit	Body Edge	BodyPump		RFC Closed	RFC Closed
6 - 7 am	BodyPump			Body Edge	BodyPump		RFC Closed	RFC Closed
7 - 8 am							RFC Closed	RFC Closed
8 - 9 am						Daycare Play	Saturday Rotation	
9 - 10 am	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C		Daycare Play	Saturday Rotation	
10 - 11 am						Daycare Play		
11 am - 12 pm	Kickboxing		Core Cycle		Total Body Toning			
12 - 1 pm	Core		Strength	UMM Softball	Circuit			
1 - 2 pm	Yoga	Yoga		UMM Softball	Yoga	Yoga		
2 - 3 pm								
3 - 4 pm								
4 - 5 pm	Welcome Picnic Rain Site	Welcome Picnic Rain Site						
5 - 6 pm	Welcome Picnic Rain Site	Welcome Picnic Rain Site						
6 - 7 pm	Welcome Picnic Rain Site	Welcome Picnic Rain Site						
7 - 8 pm								
8 - 9 pm								
9 - 10 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Sep 8		Monday, Sep 9		Tuesday, Sep 10	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	RFC Closed	RFC Closed	BP Express		Early Bird Circuit	Body Edge
6 - 7 am	RFC Closed	RFC Closed	BP Express			Body Edge
7 - 8 am	RFC Closed	RFC Closed				
8 - 9 am	RFC Closed	RFC Closed		UMM Softball		
9 - 10 am	RFC Closed	RFC Closed	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C
10 - 11 am						
11 am - 12 pm			Barre		Cycle	
12 - 1 pm			Power 45		Strength	
1 - 2 pm			Yoga	Yoga		
2 - 3 pm						
3 - 4 pm						
4 - 5 pm						
5 - 6 pm						
6 - 7 pm						
7 - 8 pm						
8 - 9 pm						
9 - 10 pm	RFC Closed	RFC Closed				

*Schedule subject to change