

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Feb 28		Thursday, Feb 29		Friday, Mar 1		Saturday, Mar 2	
	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			
6 - 7 am	BodyPump			Body Edge	BodyPump			
7 - 8 am		Pickleball						
8 - 9 am		Pickleball					Saturday Sweat	
9 - 10 am	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C		Daycare Play	BodyPump	
10 - 11 am		UMM Softball		Pickleball		Daycare Play		Pickleball
11 am - 12 pm	Barre	UMM Softball	Core Cycle	Pickleball	Total Body Toning			Pickleball
12 - 1 pm	Kickboxing	UMM Softball	BodyPump		Yoga	Yoga		Pickleball
1 - 2 pm	Yoga	Yoga						UMM Baseball
2 - 3 pm								UMM Baseball
3 - 4 pm		UMM Softball			Yoga for Baseball	Yoga for Baseball		UMM Baseball
4 - 5 pm		UMM Softball		UMM Baseball		UMM Softball		UMM Softball
5 - 6 pm	Core	UMM Baseball	Zumba	UMM Baseball		UMM Softball		UMM Softball
6 - 7 pm		UMM Baseball	Gladiators (1/2 Court)	UMM Baseball		UMM Softball		UMM Softball
7 - 8 pm		UMM Baseball	Gladiators (1/2 Court)	UMM Softball		UMM Baseball		
8 - 9 pm		UMM Baseball		UMM Softball		UMM Baseball		
9 - 10 pm				IM Pickleball	RFC Closed	RFC Closed	RFC Closed	RFC Closed

*Schedule subject to change

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Mar 3		Monday, Mar 4		Tuesday, Mar 5	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am			BP Express		Early Bird Circuit	Body Edge
6 - 7 am			BP Express			Body Edge
7 - 8 am						
8 - 9 am						
9 - 10 am			Seated Yoga	Seated Yoga	Seated S & C	Seated S & C
10 - 11 am		UMM Baseball		Pickleball		Private - L.L.
11 am - 12 pm		UMM Baseball	Power 45	Pickleball	Cycle	
12 - 1 pm			Total Body Toning	Pickleball	BodyPump	
1 - 2 pm		UMM Baseball	Yoga	Yoga		UMM Softball
2 - 3 pm		UMM Baseball		UMM Softball		
3 - 4 pm		UMM Baseball		UMM Softball		UMM Softball
4 - 5 pm	Cycle	Pickleball		UMM Softball		
5 - 6 pm		Pickleball	Body Pump Express	Pickleball	Cycle	UMM Baseball
6 - 7 pm		UMM Softball		Pickleball	Gladiators (1/2 Court)	UMM Baseball
7 - 8 pm		UMM Baseball		UMM Baseball	Gladiators (1/2 Court)	IM Pickleball
8 - 9 pm		UMM Baseball		UMM Baseball		IM Pickleball
9 - 10 pm	RFC Closed	RFC Closed		UMM Baseball		IM Rugby

*Schedule subject to change