REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Monday, Nov 2		Tuesday, Nov 3		Wednesday, Nov 4		Thursday, Nov 5	
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court
5:30 - 6:30 am	BP Express / Core	RFC Closed	Early Bird Circuit (5:15 - 6 am)	RFC Closed	Body Pump	RFC Closed	Early Bird Circuit (5:15 - 6 am)	RFC Closed
6:30 - 7 am	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	Les Mills Core (6:10 - 6:40 am)	RFC Closed
7 - 8 am								
8 - 9 am								
9 - 10 am	Seated Yoga	Seated Yoga	Seated Strength	Seated Strength	Seated Yoga	Yoga	Seated Strength	
10 - 11 am								
11 am - 12 pm	Les Mills Core (11:30 am - 12 pm)		Cycle		Kickboxing		Core Cycle	
12 - 1 pm	Power 45		STRENGTH (Arms+Core)		Les Mills Core		STRENGTH (Legs+Back)	
1 - 2 pm	Recovery in Motion	Recovery in Motion			Yoga	Yoga		
2 - 3 pm								
3 - 4 pm								
4 - 5 pm								
5 - 6 pm	Strength & Core Restore		Body Pump		Zumba			
6 - 7 pm								
7 - 8 pm								Body Pump

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Friday, Nov 6		Saturday, Nov 7		Sunday, Nov 8	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	Body Pump	RFC Closed	Body Pump	RFC Closed		
6 - 7 am	RFC Closed	RFC Closed	RFC Closed	RFC Closed		
7 - 8 am						
8 - 9 am		Daycare Play				
9 - 10 am		Daycare Play	Saturday Class Rotation			
10 - 11 am		Daycare Play				
11 am - 12 pm	Total Body Toning					
12 - 1 pm						
1 - 2 pm						
2 - 3 pm						
3 - 4 pm						
4 - 5 pm					Cycle	
5 - 6 pm						
6 - 7 pm						
7 - 8 pm						

***Schedule subject to change**