

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Mar 29		Thursday, Mar 30		Friday, Mar 31		Saturday, Apr 1	
	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	Softball		
7 - 8 am		Pickleball				Softball		
8 - 9 am		Pickleball				Softball	Saturday Sweat	
9 - 10 am	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C		Day Care Play	BodyPump	
10 - 11 am			Fit For Life	Lighthouse Learning		Day Care Play		Pickleball
11 am - 12 pm	Barre		Core Cycle		Total Body Toning			Pickleball
12 - 1 pm	Kickboxing		BodyPump		Power Lane			Pickleball
1 - 2 pm	Yoga	Yoga			Yoga	Yoga		Baseball
2 - 3 pm								Baseball
3 - 4 pm		Softball		Softball				
4 - 5 pm		Softball		Softball				
5 - 6 pm	Cycle		Core					
6 - 7 pm		Baseball		Pickleball		Baseball		
7 - 8 pm		Baseball		Pickleball		Baseball		
8 - 9 pm				Baseball		Baseball		
9 - 10 pm		IM Badminton			RFC Closed	RFC Closed	RFC Closed	RFC Closed

*Schedule subject to change

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Apr 2		Monday, Apr 3		Tuesday, Apr 4	
	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					Dance Fitness	
9 - 10 am			Seated Yoga	Seated Yoga	Seated S & C	Seated S & C
10 - 11 am				Pickleball	Fit For Life-TBT	
11 am - 12 pm			Power 45	Pickleball	Cycle	
12 - 1 pm			Total Body Toning	Pickleball	BodyPump	
1 - 2 pm			Yoga	Yoga		Softball
2 - 3 pm		Baseball		Softball		Softball
3 - 4 pm		Baseball		Softball		
4 - 5 pm	Cycle	Baseball				
5 - 6 pm			Zumba	Baseball	BodyPump	Baseball
6 - 7 pm			Power 45	Baseball		Baseball
7 - 8 pm				Baseball		Baseball
8 - 9 pm						
9 - 10 pm	RFC Closed	RFC Closed		IM Badminton		

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