

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Mar 12		Thursday, Mar 13		Friday, Mar 14		Saturday, Mar 15	
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	Body Pump	RFC Closed	Early Bird Circuit	RFC Closed	Body Pump	RFC Closed	RFC Closed	RFC Closed
6 - 7 am	RFC Closed	RFC Closed	RFC Closed	Body Edge	RFC Closed	RFC Closed	RFC Closed	RFC Closed
7 - 8 am							RFC Closed	RFC Closed
8 - 9 am						Daycare Play		
9 - 10 am	Seated Yoga	Seated Yoga	Seated Strength	Seated Strength		Daycare Play	Saturday Rotation	
10 - 11 am		Pickleball				Daycare Play		Pickleball
11 am - 12 pm	Kickboxing	Pickleball	Cycle Core	Pickleball	Total Body Toning	Pickleball		Pickleball
12 - 1 pm	Core		Strength	Pickleball		Pickleball		
1 - 2 pm	Yoga	Yoga			Yoga	Yoga		
2 - 3 pm								
3 - 4 pm								
4 - 5 pm								
5 - 6 pm	Total Body Toning		Core					
6 - 7 pm						UMM IM-Gladiators	RFC Closed	RFC Closed
7 - 8 pm							RFC Closed	RFC Closed
8 - 9 pm	RFC Closed	RFC Closed	Group Training	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Mar 16		Monday, Mar 17		Tuesday, Mar 18	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	RFC Closed	RFC Closed	BodyPump/Core	RFC Closed	Early Bird Circuit	RFC Closed
6 - 7 am	RFC Closed	RFC Closed		RFC Closed		Body Edge
7 - 8 am	RFC Closed	RFC Closed				
8 - 9 am	RFC Closed	RFC Closed				
9 - 10 am	RFC Closed	RFC Closed	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C
10 - 11 am	RFC Closed	RFC Closed		UMN Baseball		Pickleball
11 am - 12 pm	RFC Closed	RFC Closed	Barre	UMN Baseball	Core Cycle	Pickleball
12 - 1 pm			Power 45	UMN Baseball	Strength	
1 - 2 pm		UMM IM - Gladiators	Yoga	Yoga		
2 - 3 pm				UMN Baseball		
3 - 4 pm						
4 - 5 pm	Cycle			Pickleball		UMN Soccer
5 - 6 pm			Zumba	Pickleball	BodyPump	UMN Baseball
6 - 7 pm	RFC Closed	RFC Closed		IM Ping Pong		UMN Baseball
7 - 8 pm	RFC Closed	RFC Closed		IM Ping Pong		UMN Softball
8 - 9 pm	RFC Closed	RFC Closed	Group Training	RFC Closed	RFC Closed	UMN Softball
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

*Schedule subject to change