

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Jan 29		Thursday, Jan 30		Friday, Jan 31		Saturday, Feb 1	
	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	Pickleball
10 - 11 am		Pickleball				Daycare Play		Pickleball
11 am - 12 pm	Kickboxing	Pickleball	Cycle Core		Total Body Toning	Pickleball		UMM Baseball
12 - 1 pm	Core	Pickleball	Strength			Pickleball		UMM Baseball
1 - 2 pm	Yoga	Yoga			Yoga	Yoga		
2 - 3 pm		UMM Softball		Pickleball	Yoga - Baseball	Yoga - Baseball		
3 - 4 pm		UMM Softball	Hancock BB	Pickleball				
4 - 5 pm		UMM Softball	Hancock BB					
5 - 6 pm	Total Body Toning	UMM Softball	Core	UMM Baseball				
6 - 7 pm		UMM Baseball		UMM Softball		UMM IM-Gladiators	RFC Closed	RFC Closed
7 - 8 pm		UMM Baseball		UMM Softball		UMM Baseball	RFC Closed	RFC Closed
8 - 9 pm	RFC Closed	UMM Soccer	RFC Closed	RFC Closed	RFC Closed	UMM Baseball	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	UMM IM - PB	RFC Closed	UMM Baseball	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Feb 2		Monday, Feb 3		Tuesday, Feb 4	
	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	UMM Baseball - Youth		UMM Baseball		Pickleball
11 am - 12 pm	RFC Closed	UMM Baseball - Youth	Barre	UMM Baseball	Core Cycle	Pickleball
12 - 1 pm			Power 45	UMM Baseball	Strength	
1 - 2 pm		UMM IM - Gladiators	Yoga	Yoga		
2 - 3 pm		UMM IM - Gladiators		UMM Baseball		
3 - 4 pm				UMM Softball		
4 - 5 pm	Cycle	UMM Baseball		UMM Softball		
5 - 6 pm			Zumba	Pickleball	BodyPump	UMM Baseball
6 - 7 pm	RFC Closed	RFC Closed		Pickleball		UMM Baseball
7 - 8 pm	RFC Closed	RFC Closed				UMM Softball
8 - 9 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	UMM Softball
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	UMM IM

*Schedule subject to change