**REGIONAL FITNESS CENTER**
GYM SCHEDULE

| Time | Monday, Nov 16 | | Tuesday, Nov 17 | | Wednesday, Nov 18 | | Thursday, Nov 19 | |
|---|---|---|---|---|---|---|---|---|
| | 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 | | Pickleball | | | | Pickleball | | Private Reservation |
| 11 am - 12 pm | Les Mills Core (11:30 am - 12 pm) | Pickleball | Cycle | | Kickboxing | Pickleball | 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 | | Pickleball | | | | | | Pickleball |
| 3 - 4 pm | | Pickleball | | | | UMN Softball | | Pickleball |
| 4 - 5 pm | | Pickleball | | | | UMN Softball | | Pickleball |
| 5 - 6 pm | Strength & Core Restore | | Body Pump | | Zumba | UMN Softball | Body Pump | |
| 6 - 7 pm | | Pickleball | | | | UMN Softball | | UMN Cheer Squad |
| 7 - 8 pm | | Pickleball | | UMN Intramurals | | | | UMN Cheer Squad |

**REGIONAL FITNESS CENTER**
GYM SCHEDULE

| Time | Friday, Nov 20 | | Saturday, Nov 21 | | Sunday, Nov 22 | |
|---|---|---|---|---|---|---|
| | North Court | South Court | North Court | South Court | North Court | South Court |
| 5 - 6 am | Body Pump | RFC Closed | Body Pump | RFC Closed | RFC Closed | RFC Closed |
| 6 - 7 am | RFC Closed | RFC Closed | RFC Closed | RFC Closed | RFC Closed | RFC Closed |
| 7 - 8 am | | | | | RFC Closed | RFC Closed |
| 8 - 9 am | | Daycare Play | | | RFC Closed | RFC Closed |
| 9 - 10 am | | Daycare Play | Saturday Class Rotation | | RFC Closed | RFC Closed |
| 10 - 11 am | | Daycare Play | | Pickleball | RFC Closed | RFC Closed |
| 11 am - 12 pm | Total Body Toning | | | Pickleball | RFC Closed | RFC Closed |
| 12 - 1 pm | | | | | | |
| 1 - 2 pm | | | | | | |
| 2 - 3 pm | | | | | | Pickleball |
| 3 - 4 pm | | | | | | Pickleball |
| 4 - 5 pm | | | | | Cycle | Pickleball |
| 5 - 6 pm | | | | | | |
| 6 - 7 pm | | | RFC Closed | RFC Closed | RFC Closed | RFC Closed |
| 7 - 8 pm | | UMN Intramurals | RFC Closed | RFC Closed | RFC Closed | RFC Closed |

***Schedule subject to change**