

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Nov 15		Thursday, Nov 16		Friday, Nov 17		Saturday, Nov 18	
	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			
7 - 8 am		Pickleball						
8 - 9 am		Pickleball					Saturday Sweat	
9 - 10 am	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C		Daycare Play	BodyPump	
10 - 11 am				Pickleball		Daycare Play		Pickleball
11 am - 12 pm	Barre		Core Cycle	Pickleball	Total Body Toning			Pickleball
12 - 1 pm	Kickboxing		BodyPump		Yoga	Yoga		Pickleball
1 - 2 pm	Yoga	Yoga						
2 - 3 pm		B.K. Phys-Ed						
3 - 4 pm		UMM Baseball				UMM Baseball		
4 - 5 pm		UMM Baseball				UMM Baseball		
5 - 6 pm	Core		Zumba	UMM Softball				
6 - 7 pm			Gladiators 1/2 court	UMM Softball				
7 - 8 pm			Gladiators 1/2 court	UMM Baseball				
8 - 9 pm								
9 - 10 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed

*Schedule subject to change

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Nov 19		Monday, Nov 20		Tuesday, Nov 21	
	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						
9 - 10 am			Seated Yoga	Seated Yoga	Seated S & C	Seated S & C
10 - 11 am				Pickleball		Private - L.L.
11 am - 12 pm			Power 45	Pickleball	Cycle	
12 - 1 pm			Total Body Toning	Pickleball	BodyPump	
1 - 2 pm		UMM BB	Yoga	Yoga		
2 - 3 pm						
3 - 4 pm				UMM Baseball		
4 - 5 pm	Cycle	Pickleball		UMM Baseball		
5 - 6 pm		Pickleball	Body Pump Express		Cycle	UMM Softball
6 - 7 pm		UMM BB	Power 45		Gladiators 1/2 court	UMM Softball
7 - 8 pm					Gladiators 1/2 court	UMM Baseball
8 - 9 pm						
9 - 10 pm	RFC Closed	RFC Closed				

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