

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Wednesday, Apr 9		Thursday, Apr 10		Friday, Apr 11		Saturday, Apr 12	
	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 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	WC Wildcats	Pickleball
12 - 1 pm	Core		Strength	Pickleball		Pickleball	WC Wildcats	
1 - 2 pm	Yoga	Yoga	Lighthouse Learning		Yoga	Yoga		
2 - 3 pm								
3 - 4 pm								
4 - 5 pm		UMM SB (4:30-5:30)		UMM SB (4:30-5:30)		Kiddie Cruise (4:30-6:30)		
5 - 6 pm	Total Body Toning	UMM SB (4:30-5:30)	Core	UMM SB (4:30-5:30)		Kiddie Cruise (4:30-6:30)		
6 - 7 pm		UMM BB	WC Wildcats	WC Wildcats		Kiddie Cruise (4:30-6:30)	RFC Closed	RFC Closed
7 - 8 pm	Hancock BB	UMM BB	WC Wildcats	WC Wildcats	IM-Gladiators	UMM SB	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	IM-Badminton	RFC Closed	UMN Baseball	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Sunday, Apr 13		Monday, Apr 14		Tuesday, Apr 15	
	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	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				
11 am - 12 pm	RFC Closed	RFC Closed	Barre		Core Cycle	
12 - 1 pm			Power 45		Strength	
1 - 2 pm			Yoga	Yoga		
2 - 3 pm	IM - Gladiators					
3 - 4 pm	IM - Gladiators					
4 - 5 pm	Cycle					UMN Soccer
5 - 6 pm			Zumba		BodyPump	
6 - 7 pm	RFC Closed	RFC Closed			WC Wildcats	
7 - 8 pm	RFC Closed	RFC Closed			WC Wildcats	
8 - 9 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	Group Training	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	IM-Badminton

\*Schedule subject to change

