

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Wednesday, Oct 23		Thursday, Oct 24		Friday, Oct 25		Saturday, Oct 26	
	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		RFC Closed	RFC Closed
6 - 7 am	BodyPump			Body Edge	BodyPump		RFC Closed	RFC Closed
7 - 8 am							RFC Closed	RFC Closed
8 - 9 am						Daycare Play	Saturday Rotation	
9 - 10 am	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C		Daycare Play	Saturday Rotation	
10 - 11 am		Pickleball				Daycare Play		Pickleball
11 am - 12 pm	Kickboxing	Pickleball	Core Cycle		Total Body Toning	Pickleball		Pickleball
12 - 1 pm	Core	Pickleball	Strength		Circuit	Pickleball		
1 - 2 pm	Yoga	Yoga	Lighthouse Learning	Lighthouse Learning	Yoga	Yoga		
2 - 3 pm				Pickleball				
3 - 4 pm		UMM Baseball		Pickleball		UMM Baseball		
4 - 5 pm		UMM Baseball		UMM Baseball		UMM Baseball		
5 - 6 pm				UMM Baseball				
6 - 7 pm		Private Group - Fusion						
7 - 8 pm		Private Group - Fusion						
8 - 9 pm								
9 - 10 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Sunday, Oct 27		Monday, Oct 28		Tuesday, Oct 29	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	RFC Closed	RFC Closed	BP Express		Early Bird Circuit	Body Edge
6 - 7 am	RFC Closed	RFC Closed	BP Express			Body Edge
7 - 8 am	RFC Closed	RFC Closed				
8 - 9 am	RFC Closed	RFC Closed				
9 - 10 am	RFC Closed	RFC Closed	ECFE	ECFE	Seated S & C	Seated S & C
10 - 11 am			ECFE	ECFE		
11 am - 12 pm			Barre	Pickleball	Cycle	
12 - 1 pm			Power 45	Pickleball	Strength	
1 - 2 pm			Yoga	Yoga		
2 - 3 pm						
3 - 4 pm				UMM Baseball		UMM Baseball
4 - 5 pm				UMM Baseball		UMM Baseball
5 - 6 pm						UMM Softball
6 - 7 pm						UMM Softball
7 - 8 pm				UMM Baseball		UMM Softball
8 - 9 pm						
9 - 10 pm	RFC Closed	RFC Closed				

\*Schedule subject to change