REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Monday, Nov 9		Tuesday, Nov 10		Wednesday, Nov 11		Thursday, Nov 12	
	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 Cheer Squad

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Friday, Nov 13		Saturday, Nov 14		Sunday, Nov 15	
	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	UMN Swim & Dive	UMN Swim & Dive	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			RFC Closed	RFC Closed	RFC Closed	RFC Closed

***Schedule subject to change**