REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Monday, Nov 2		Tuesday, Nov 3		Wednesday, Nov 4		Thursday, Nov 5	
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	BP Express/Les Mills	RFC Closed	Early Bird Circuit	RFC Closed	Body Pump	RFC Closed	Early Bird Circuit	RFC Closed
6 - 7 am	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	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			Cycle Core				Cycle Core	
11 am - 12 pm	Rhythm Remix		Strength		Kickboxing			
12 - 1 pm	Power 45		Summer Sizzle	Summer Sizzle	Les Mills Core		Summer Sizzle	Summer Sizzle
1 - 2 pm	Yoga	Yoga			Yoga	Yoga		
2 - 3 pm	Summer Sizzle	Summer Sizzle						
3 - 4 pm								
4 - 5 pm								
5 - 6 pm								
6 - 7 pm								
7 - 8 pm								
8 - 9 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Friday, Nov 6		Saturday, Nov 7		Sunday, Nov 8	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	Body Pump	RFC Closed	Body Pump	RFC Closed		
6 - 7 am	RFC Closed	RFC Closed	RFC Closed	RFC Closed		
7 - 8 am						
8 - 9 am						
9 - 10 am		Daycare Play	Saturday Class Rotation			
10 - 11 am	Total Body Toning	Daycare Play				
11 am - 12 pm					Facility	Closed
12 - 1 pm						
1 - 2 pm					24/7 Members	Welcome
2 - 3 pm						
3 - 4 pm						
4 - 5 pm						
5 - 6 pm						
6 - 7 pm						
7 - 8 pm						
8 - 9 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed		
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed		