

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, May 8		Thursday, May 9		Friday, May 10		Saturday, May 11	
	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				BodyPump			
7 - 8 am		Pickleball						
8 - 9 am		Pickleball						
9 - 10 am	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C		Daycare Play	Saturday Rotation (8:30-9:30)	
10 - 11 am				Pickleball		Daycare Play	Saturday Rotation (8:30-9:30)	
11 am - 12 pm	Barre		Core Cycle	Pickleball	Total Body Toning		WC Wildcats BB	Pickleball
12 - 1 pm	Kickboxing	UMM Softball	BodyPump		Yoga	Yoga	UMM Commencement	UMM Commencement
1 - 2 pm	Yoga	Yoga					WC Wildcats BB	Pickleball
2 - 3 pm		UMM Softball					UMM Commencement	UMM Commencement
3 - 4 pm								
4 - 5 pm								
5 - 6 pm	Core	WC Wildcats BB						
6 - 7 pm		WC Wildcats BB						
7 - 8 pm	Hancock BB	WC Wildcats BB						
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, May 12		Monday, May 13		Tuesday, May 14	
	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			Yoga	Yoga		
2 - 3 pm						
3 - 4 pm						
4 - 5 pm	Cycle	Pickleball				
5 - 6 pm		Pickleball	Body Pump Express	Pickleball	Cycle	
6 - 7 pm				Pickleball		
7 - 8 pm						
8 - 9 pm						
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

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