

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Jan 8		Thursday, Jan 9		Friday, Jan 10		Saturday, Jan 11	
	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 Yoga	Seated Strength	Seated Strength		Daycare Play	Saturday Rotation	
10 - 11 am		Pickleball				Daycare Play		Pickleball
11 am - 12 pm	Kickboxing	Pickleball	Cycle Core		Total Body Toning	Pickleball		Pickleball
12 - 1 pm	Core	Pickleball	Strength			Pickleball		
1 - 2 pm	Yoga	Yoga	Lighthouse Learning		Yoga	Yoga		
2 - 3 pm				Pickleball				
3 - 4 pm				Pickleball				
4 - 5 pm		UMM Baseball		UMM Baseball		UMM Baseball		
5 - 6 pm	Total Body Toning		Core					
6 - 7 pm							RFC Closed	RFC Closed
7 - 8 pm							RFC Closed	RFC Closed
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	Sunday, Jan 12		Monday, Jan 13		Tuesday, Jan 14	
	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		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		UMM Baseball		Pickleball
11 am - 12 pm	RFC Closed	RFC Closed	Barre	UMM Baseball	Core Cycle	Pickleball
12 - 1 pm			Power 45	UMM Baseball	Strength	
1 - 2 pm			Yoga	Yoga		
2 - 3 pm				UMM Baseball		
3 - 4 pm				UMM Softball		
4 - 5 pm	Cycle			UMM Softball		
5 - 6 pm			Zumba	Pickleball	BodyPump	UMM Baseball
6 - 7 pm	RFC Closed	RFC Closed		Pickleball		UMM Baseball
7 - 8 pm	RFC Closed	RFC Closed				
8 - 9 pm	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

*Schedule subject to change