REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Monday, Nov 23		Tuesday, Nov 24		Wednesday, Nov 25		Thursday, Nov 26	
	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	HAPPY THANKSGIVING!	~RFC IS CLOSED~
6:30 - 7 am	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		
10 - 11 am		Pickleball				Pickleball		
11 am - 12 pm	Les Mills Core (11:30 am - 12 pm)	Pickleball	Cycle		Kickboxing	Pickleball		
12 - 1 pm	Power 45		STRENGTH (Arms+Core)		Les Mills Core			
1 - 2 pm	Recovery in Motion	Recovery in Motion			Yoga	Yoga		
2 - 3 pm		Pickleball						
3 - 4 pm		Pickleball				UMN Softball		
4 - 5 pm		Pickleball				UMN Softball		
5 - 6 pm	Strength & Core Restore		Body Pump			UMN Softball		
6 - 7 pm		Pickleball				UMN Softball		
7 - 8 pm		Pickleball		UMN Intramurals				



REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Friday, Nov 27		Saturday, Nov 28		Sunday, Nov 29	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	HAPPY THANKSGIVING!	~RFC IS CLOSED~	Body Pump	RFC Closed	RFC Closed	RFC Closed
6 - 7 am			RFC Closed	RFC Closed	RFC Closed	RFC Closed
7 - 8 am					RFC Closed	RFC Closed
8 - 9 am					RFC Closed	RFC Closed
9 - 10 am			Saturday Class Rotation		RFC Closed	RFC Closed
10 - 11 am				Pickleball	RFC Closed	RFC Closed
11 am - 12 pm				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**