

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Wednesday, Apr 24		Thursday, Apr 25		Friday, Apr 26		Saturday, Apr 27	
	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			Body Edge	BodyPump			
7 - 8 am		Pickleball						
8 - 9 am		Pickleball						
9 - 10 am	Seated Yoga	Seated Yoga	Seated S & C	Seated S & C			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	Daycare Play	WC Wildcats BB	Pickleball
12 - 1 pm	Kickboxing		BodyPump		Yoga	Yoga	WC Wildcats BB	Pickleball
1 - 2 pm	Yoga	Yoga				UMM Softball		UMM Baseball
2 - 3 pm						UMM Softball		UMM Baseball
3 - 4 pm		UMM Softball		UMM Softball		UMM Softball		UMM Baseball
4 - 5 pm		UMM Softball	WC Wildcats BB	UMM Softball		UMM Softball		UMM Baseball
5 - 6 pm	Core		WC Wildcats BB	UMM Baseball				UMM Softball
6 - 7 pm	WC Wildcats BB		WC Wildcats BB	UMM Baseball				
7 - 8 pm	Hancock BB		WC Wildcats BB			UMM Baseball		
8 - 9 pm			WC Wildcats BB	IM Badminton		UMM Baseball		
9 - 10 pm				IM Badminton				
					RFC Closed	RFC Closed	RFC Closed	RFC Closed

\*Schedule subject to change

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Sunday, Apr 28		Monday, Apr 29		Tuesday, Apr 30	
	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		UMM Baseball		Pickleball		Private - L.L.
11 am - 12 pm		UMM Baseball	Power 45	Pickleball	Cycle	
12 - 1 pm			Total Body Toning	Pickleball	BodyPump	
1 - 2 pm		UMM Baseball	Yoga	Yoga		UMM Softball
2 - 3 pm		UMM Baseball		UMM Softball		UMM Softball
3 - 4 pm		UMM Baseball		UMM Softball		UMM Softball
4 - 5 pm	Cycle	Pickleball		UMM Softball		UMM Softball
5 - 6 pm		Pickleball	Body Pump Express	Pickleball	Cycle	UMM Baseball
6 - 7 pm				Pickleball		UMM Baseball
7 - 8 pm				UMM Baseball		
8 - 9 pm				UMM Baseball		IM Badminton
9 - 10 pm	RFC Closed	RFC Closed		UMM Baseball	IM Rugby	IM Badminton

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