

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Apr 16		Thursday, Apr 17		Friday, Apr 18		Saturday, Apr 19	
	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 Strength		Daycare Play	Saturday Rotation	
10 - 11 am		Pickleball				Daycare Play		Pickleball
11 am - 12 pm	Kickboxing	Pickleball	Cycle Core	UMM BB	Total Body Toning	Pickleball		Pickleball
12 - 1 pm	Core		Strength	UMM BB		Pickleball		
1 - 2 pm	Yoga	Yoga	Lighthouse Learning	Pickleball	Yoga	Yoga		
2 - 3 pm				Pickleball				
3 - 4 pm								
4 - 5 pm		UMM SB (4:30-5:30)				Kiddie Cruise (4:30-6:30)		
5 - 6 pm	Total Body Toning	UMM SB (4:30-5:30)	Core			Kiddie Cruise (4:30-6:30)		
6 - 7 pm		UMM BB	WC Wildcats	WC Wildcats		Kiddie Cruise (4:30-6:30)	RFC Closed	RFC Closed
7 - 8 pm	Hancock BB	UMM BB	WC Wildcats	WC Wildcats			RFC Closed	RFC Closed
8 - 9 pm	RFC Closed	RFC Closed	Group Training	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	IM-Badminton	RFC Closed	UMN Baseball	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Apr 20		Monday, Apr 21		Tuesday, Apr 22	
	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	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		Pre-K Fun
10 - 11 am	RFC Closed	RFC Closed				
11 am - 12 pm	RFC Closed	RFC Closed	Barre		Core Cycle	
12 - 1 pm			Power 45		Strength	
1 - 2 pm			Yoga	Yoga		
2 - 3 pm	UMM Intramurals					
3 - 4 pm	UMM Intramurals					
4 - 5 pm	Cycle					UMM Soccer
5 - 6 pm			Zumba		BodyPump	UMM BB
6 - 7 pm	RFC Closed	RFC Closed			WC Wildcats	
7 - 8 pm	RFC Closed	RFC Closed			WC Wildcats	
8 - 9 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	Group Training	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	IM-Badminton

*Schedule subject to change

