

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Wednesday, May 7		Thursday, May 8		Friday, May 9		Saturday, May 10	
	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			Daycare Play	Saturday Rotation	
10 - 11 am						Daycare Play	Mommy + Me Yoga	WC Wildcats
11 am - 12 pm	Kickboxing		Cycle Core		Total Body Toning		UMM Commencement	WC Wildcats
12 - 1 pm	Les Mills Core		Strength				UMM Commencement	WC Wildcats
1 - 2 pm	Yoga	Yoga			Yoga	Yoga	UMM Commencement	WC Wildcats
2 - 3 pm		UMM SB						WC Wildcats
3 - 4 pm		UMM SB						
4 - 5 pm		UMM SB						
5 - 6 pm		UMM SB	Body Pump					
6 - 7 pm		WC Wildcats	WC Wildcats	WC Wildcats			RFC Closed	RFC Closed
7 - 8 pm		WC Wildcats	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	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Sunday, May 11		Monday, May 12		Tuesday, May 13	
	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	Seated Strength	Seated Strength
10 - 11 am	RFC Closed	RFC Closed				
11 am - 12 pm	RFC Closed	RFC Closed	Barre		Core Cycle	
12 - 1 pm		WC Wildcats	Power 45		Strength	
1 - 2 pm		WC Wildcats	Yoga	Yoga		
2 - 3 pm		WC Wildcats				
3 - 4 pm		WC Wildcats				
4 - 5 pm	Cycle	WC Wildcats				UMM Soccer
5 - 6 pm		WC Wildcats			BodyPump	
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	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

\*Schedule subject to change

