

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Monday, Aug 25		Tuesday, Aug 26		Wednesday, Aug 27		Thursday, Aug 28	
	North Court	South Court	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	BP Express/Les Milles	RFC Closed	Early Bird Circuit	RFC Closed	Body Pump	RFC Closed	Early Bird Circuit	RFC Closed
6 - 7 am	RFC Closed	RFC Closed	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	Seated Strength	
10 - 11 am								
11 am - 12 pm	Barre		Cycle Core		Kickboxing		Cycle Core	
12 - 1 pm	Power 45		Strength		Les Milles Core			
1 - 2 pm	Yoga	Yoga			Yoga	Yoga		
2 - 3 pm								
3 - 4 pm								
4 - 5 pm								
5 - 6 pm								
6 - 7 pm								
7 - 8 pm								
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	Friday, Aug 29		Saturday, Aug 30		Sunday, Aug 31	
	North Court	South Court	North Court	South Court	North Court	South Court
5 - 6 am	Body Pump	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed
6 - 7 am	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed
7 - 8 am			RFC Closed	RFC Closed	RFC Closed	RFC Closed
8 - 9 am		Daycare Play	Saturday Class Rotation		RFC Closed	RFC Closed
9 - 10 am		Daycare Play	Saturday Class Rotation		RFC Closed	RFC Closed
10 - 11 am		Daycare Play			RFC Closed	RFC Closed
11 am - 12 pm	Total Body Toning				RFC Closed	RFC Closed
12 - 1 pm						
1 - 2 pm						
2 - 3 pm						
3 - 4 pm						
4 - 5 pm						
5 - 6 pm						
6 - 7 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed
7 - 8 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	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

