

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Wednesday, Mar 19		Thursday, Mar 20		Friday, Mar 21		Saturday, Mar 22	
	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	Seated Strength		Daycare Play	Saturday Rotation	
10 - 11 am		Pickleball				Daycare Play		Pickleball
11 am - 12 pm	Kickboxing	Pickleball	Cycle Core	Pickleball	Total Body Toning	Pickleball		Pickleball
12 - 1 pm	Core		Strength	Pickleball		Pickleball		UMN Baseball
1 - 2 pm	Yoga	Yoga	Lighthouse Learning		Yoga	Yoga		UMN Baseball
2 - 3 pm		UMN Softball						UMN Baseball
3 - 4 pm		UMN Softball						UMN Baseball
4 - 5 pm		UMN Softball						
5 - 6 pm	Total Body Toning	UMN Softball	Core	UMN Baseball				
6 - 7 pm		UMN Baseball		UMN Softball		IM-Gladiators	RFC Closed	RFC Closed
7 - 8 pm		UMN Baseball		UMN Softball		UMN Baseball	RFC Closed	RFC Closed
8 - 9 pm	RFC Closed	RFC Closed	Group Training	RFC Closed	RFC Closed	UMN Baseball	RFC Closed	RFC Closed
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	UMN Baseball	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER
GYM SCHEDULE

Time	Sunday, Mar 23		Monday, Mar 24		Tuesday, Mar 25	
	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		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 S & C	Seated S & C
10 - 11 am	RFC Closed	RFC Closed		UMN Baseball		Pickleball
11 am - 12 pm	RFC Closed	RFC Closed	Barre	UMN Baseball	Core Cycle	Pickleball
12 - 1 pm		West Central Wildcats	Power 45	UMN Baseball	Strength	
1 - 2 pm	IM - Gladiators	West Central Wildcats	Yoga	Yoga		
2 - 3 pm		West Central Wildcats		UMN Baseball		
3 - 4 pm		West Central Wildcats		UMN Softball		
4 - 5 pm	Cycle	UMN Baseball		UMN Softball		UMN Soccer
5 - 6 pm		UMN Baseball	Zumba	Pickleball	BodyPump	UMN Baseball
6 - 7 pm	RFC Closed	RFC Closed		Pickleball		UMN Baseball
7 - 8 pm	RFC Closed	RFC Closed				UMN Softball
8 - 9 pm	RFC Closed	RFC Closed	Group Training	RFC Closed	RFC Closed	UMN Softball
9 - 10 pm	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed	RFC Closed

*Schedule subject to change