

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Wednesday, Nov 27		Thursday, Nov 28		Friday, Nov 29		Saturday, Nov 30	
	RFC Open 5 am - 7 pm		RFC IS CLOSED		RFC Open 12 - 5 pm		RFC Open 8 am - 5 pm	
5 - 6 am	BodyPump						RFC Closed	RFC Closed
6 - 7 am	BodyPump						RFC Closed	RFC Closed
7 - 8 am							RFC Closed	RFC Closed
8 - 9 am								
9 - 10 am	Seated Yoga	Seated Yoga					Saturday Rotation	
10 - 11 am		Pickleball						Pickleball
11 am - 12 pm	Kickboxing	Pickleball					Pickleball	Pickleball
12 - 1 pm	Core	Pickleball					Pickleball	
1 - 2 pm	Yoga	Yoga						
2 - 3 pm								
3 - 4 pm								
4 - 5 pm								
5 - 6 pm	Total Body Toning							
6 - 7 pm								
7 - 8 pm		UMM Baseball						
8 - 9 pm								
9 - 10 pm					RFC Closed	RFC Closed	RFC Closed	RFC Closed

REGIONAL FITNESS CENTER  
GYM SCHEDULE

Time	Sunday, Dec 1		Monday, Dec 2		Tuesday, Dec 3	
	RFC Open 12 - 9 pm		North Court	South Court	North Court	South Court
5 - 6 am	RFC Closed	RFC Closed	BP Express		Early Bird Circuit	Body Edge
6 - 7 am	RFC Closed	RFC Closed	BP Express			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				Pickleball		
11 am - 12 pm			Barre	Pickleball	Cycle	
12 - 1 pm			Power 45	Pickleball	Strength	
1 - 2 pm			Yoga	Yoga		
2 - 3 pm						
3 - 4 pm				UMM Baseball		UMM Baseball
4 - 5 pm	Cycle			UMM Baseball		UMM Baseball
5 - 6 pm			Zumba		BodyPump	Pickleball
6 - 7 pm						Pickleball
7 - 8 pm				UMM Baseball		
8 - 9 pm						
9 - 10 pm	RFC Closed	RFC Closed				

\*Schedule subject to change