

Open Weight Room
Fall 2009 (brown)



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|-----------------|-------------------|-----------------|-------------------|--------|
| 7:30-8:00 | | | | | |
| 8:00-8:30 | | Circuit | | Circuit | |
| 8:30-9:00 | (HPE295) | Circuit | (HPE295) | Circuit | |
| 9:00-9:30 | (HPE295) | Circuit | (HPE295) | Circuit | |
| 9:30-10:00 | (HPE295) | | (HPE295) | | |
| 10:00-10:30 | Weight Training | | Weight Training | | |
| 10:30-11:00 | Weight Training | | Weight Training | | |
| 11:00-11:30 | Weight Training | <i>(walk/jog)</i> | Weight Training | <i>(walk/jog)</i> | |
| 11:30-12:00 | | <i>(walk/jog)</i> | | <i>(walk/jog)</i> | |
| 12:00-12:30 | | <i>(walk/jog)</i> | | <i>(walk/jog)</i> | |
| 12:30-1:00 | Circuit | Weight Training | Circuit | Weight Training | |
| 1:00-1:30 | Circuit | Weight Training | Circuit | Weight Training | |
| 1:30-2:00 | Circuit | Weight Training | Circuit | Weight Training | |
| 2:00-2:30 | Weight Training | (HPE295) | Weight Training | (HPE295) | |
| 2:30-3:00 | Weight Training | (HPE295) | Weight Training | (HPE295) | |
| 3:00-3:30 | Weight Training | (HPE295) | Weight Training | (HPE295) | |
| 3:30-4:00 | Weight Training | | Weight Training | | |
| 4:00-4:30 | Weight Training | | Weight Training | | |
| 4:30-5:00 | Weight Training | Weight Training | Weight Training | Weight Training | |
| 5:00-5:30 | | Weight Training | | Weight Training | |
| 5:30-6:00 | | Weight Training | | Weight Training | |
| 6:00-6:30 | | | | | |
| 6:30-7:00 | | | | | |
| 7:00-7:30 | | | | | |
| 7:30-8:00 | | | | | |
| 8:00-8:30 | | | | | |
| 8:30-9:00 | | | | | |
| 9:00 - 9:30 | | | | | |

Gym Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|------------|-------------|------------|-------------|------------|
| 7:30-8:00 | | | | | |
| 8:00-8:30 | | | | | |
| 8:30-9:00 | HPE 295 | | HPE 295 | | |
| 9:00-9:30 | HPE 295 | | HPE 295 | | |
| 9:30-10:00 | HPE 295 | | HPE 295 | | |
| 10:00-10:30 | | Basketball | | Basketball | |
| 10:30-11:00 | | Basketball | | Basketball | |
| 11:00-11:30 | | Basketball | | Basketball | Drop In |
| 11:30-12:00 | Basketball | | Basketball | | Pickelball |
| 12:00-12:30 | Basketball | | Basketball | | |
| 12:30-1:00 | Basketball | Soccer | Basketball | Soccer | |
| 1:00-1:30 | Volleyball | Soccer | Volleyball | Soccer | |
| 1:30-2:00 | Volleyball | Soccer | Volleyball | Soccer | |
| 2:00-2:30 | Volleyball | HPE 295 | Volleyball | HPE 295 | |
| 2:30-3:00 | | HPE 295 | | HPE 295 | |
| 3:00-3:30 | | HPE 295 | | HPE 295 | |
| 3:30-4:00 | Drop In | | Drop In | | |
| 4:00-4:30 | Volleyball | Intramurals | Volleyball | Intramurals | |
| 4:30-5:00 | Basketball | Leagues | Basketball | Leagues | |
| 5:00-5:30 | | Dodgeball | | Dodgeball | |
| 5:30-6:00 | | | | | |
| 6:00-6:30 | HPE 295 | Tae-Kwon-Do | HPE 295 | Tae-Kwon-Do | |
| 6:30-7:00 | HPE 295 | Tae-Kwon-Do | HPE 295 | Tae-Kwon-Do | |
| 7:00-7:30 | HPE 295 | Tae-Kwon-Do | HPE 295 | Tae-Kwon-Do | |
| 7:30-8:00 | Volleyball | | Volleyball | | |
| 8:00-8:30 | Volleyball | | Volleyball | | |
| 8:30-9:00 | Volleyball | | Volleyball | | |
| 9:00 - 9:30 | | | | | |

Weight Room

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 7:30-8:00 | | | | | |
| 8:00-8:30 | | Aikido | | Aikido | |
| 8:30-9:00 | HPE 295 | Aikido | HPE 295 | Aikido | |
| 9:00-9:30 | HPE 295 | Aikido | HPE 295 | Aikido | |
| 9:30-10:00 | HPE 295 | NIA | HPE 295 | NIA | |
| 10:00-10:30 | Weight Training | NIA | Weight Training | NIA | |
| 10:30-11:00 | Weight Training | NIA | Weight Training | NIA | |
| 11:00-11:30 | Weight Training | Yoga/Walking | Weight Training | Yoga/Walking | |
| 11:30-12:00 | NIA | Yoga/Walking | NIA | Yoga/Walking | |
| 12:00-12:30 | NIA | Yoga/Walking | NIA | Yoga/Walking | |
| 12:30-1:00 | NIA | Circuit Wts | NIA | Circuit Wts | |
| 1:00-1:30 | Weight Training | Circuit Wts | Weight Training | Circuit Wts | Weight Training |
| 1:30-2:00 | Weight Training | Circuit Wts | Weight Training | Circuit Wts | Weight Training |
| 2:00-2:30 | | HPE 295 | Yoga | HPE 295 | Yoga |
| 2:30-3:00 | | HPE 295 | Yoga | HPE 295 | Yoga |
| 3:00-3:30 | | HPE 295 | Yoga | HPE 295 | Yoga |
| 3:30-4:00 | | | | | |
| 4:00-4:30 | | | | | |
| 4:30-5:00 | Judo | Weight Training | Judo | Weight Training | |
| 5:00-5:30 | Judo | Weight Training | Judo | Weight Training | |
| 5:30-6:00 | Judo | Weight Training | Judo | Weight Training | |
| 6:00-6:30 | HPE 295 | | HPE 295 | | |
| 6:30-7:00 | HPE 295 | | HPE 295 | | |
| 7:00-7:30 | HPE 295 | | HPE 295 | | |
| 7:30-8:00 | | | | | |
| 8:00-8:30 | | | | | |
| 8:30-9:00 | | | | | |
| 9:00 - 9:30 | | | | | |

 Drop in Weight Room
 Drop in Staff only