January 2018

KPU SPORT & RECREATION GYMNASIUM SCHEDULE					January 2018
Mon	Tues	Wed	Thurs	Fri	Sat
NEW YEARS DAY CLOSED	OPEN GYM 8:00a-10:00p	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-10:00p	CLOSED
		LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a		
		OPEN GYM 11:30a-10:00p	OPEN GYM 11:30a-10:00p		
0	9		GE WITHOUT NOTICE	12	12
8	y	10	11	12	13
OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:00a DROP IN	_
LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	BADMINTON 9:00a-11:00a	
BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	CIRCUIT TRAINING 12:05p-12:50p	TRX 12:05p-12:50p	OPEN GYM 11:00a-12:50p]
OPEN GYM	OPEN GYM 1:00p-4:15p	OPEN GYM	OPEN GYM 1:00p-4:15p	MINDFUL MOVEMENT 1:00p-1:45p OPEN GYM 2:00p-10:00p	CLOSED
1:00p-6:00p	HIIT 4:30p-5:30p	1:00p-6:00p	CORE CONDITIONING 4:30p-5:30p		
DROP IN SOCCER 6:00p-10:00p	DROP IN BADMINTON 6:00p-10:00p	DROP IN VOLLEYBALL 6:00p-10:00p	DROP IN BASKETBALL 6:00p-10:00p		
15	16	17	18	19	20
OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:00a	CLOSED
LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	DROP IN BADMINTON 9:00a-11:00a	
BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	CIRCUIT TRAINING 12:05p-12:50p	TRX 12:05p-12:50p	BROOMBALL 12:00p-12:50p	
OPEN GYM 1:00p-6:00p	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-6:00p	OPEN GYM 1:00p-4:15p	MINDFUL MOVEMENT 1:00p-1:45p OPEN GYM	
	HIIT 4:30p-5:30p		CORE CONDITIONING 4:30p-5:30p		
DROP IN SOCCER 6:00p-10:00p	DROP IN BADMINTON 6:00p-10:00p	DROP IN VOLLEYBALL 6:00p-10:00p	DROP IN BASKETBALL 6:00p-10:00p	2:00p-10:00p	
22	23	24	25	26	27
OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:00a	
LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	DROP IN BADMINTON	
BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	CIRCUIT TRAINING 12:05p-12:50p	TRX 12:05p-12:50p	9:00a-11:00a OPEN GYM 11:00a-12:50p	CLOSED
OPEN GYM 1:00p-6:00p	OPEN GYM 1:00p-4:15p	ОРЕN GYM 1:00р-6:00р	OPEN GYM 1:00p-4:15p	MINDFUL MOVEMENT 1:00p-1:45p	
	HIIT 4:30p-5:30p		CORE CONDITIONING 4:30p-5:30p	OPEN GYM 2:00p-10:00p	
SOCCER 6:00p-10:00p	BADMINTON 6:00p-10:00p	VOLLEYBALL 6:00p-10:00p	BASKETBALL 6:00p-10:00p	2.00p-10.00p	
29	30	31			
OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a			
LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a	LANC 1870 10:00a-11:20a			
BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	CIRCUIT TRAINING 12:05p-12:50p			
OPEN GYM 1:00p-6:00p	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-6:00p			
	HIIT 4:30p-5:30p				
SOCCER 6:00p-10:00p	BADMINTON 6:00p-10:00p	VOLLEYBALL 6:00p-10:00p			