

January 2018

| KPU SPORT & RECREATION GYMNASIUM SCHEDULE |                                      |                                       |                                       |                                      |        |
|---|--------------------------------------|---------------------------------------|---------------------------------------|--------------------------------------|--------|
| Mon                                       | Tues                                 | Wed                                   | Thurs                                 | Fri                                  | Sat    |
| 1   | 2                                    | 3                                     | 4                                     | 5                                    | 6      |
| NEW YEARS DAY<br>CLOSED                   | OPEN GYM<br>8:00a-10:00p             | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-10:00p             | CLOSED |
|   |                                      | LANC 1870<br>10:00a-11:20a            | LANC 1870<br>10:00a-11:20a            |                                      |        |
|   |                                      | OPEN GYM<br>11:30a-10:00p             | OPEN GYM<br>11:30a-10:00p             |                                      |        |
|   |                                      | SUBJECT TO CHANGE WITHOUT NOTICE      |                                       |                                      |        |
| 8   | 9                                    | 10                                    | 11                                    | 12                                   | 13     |
| OPEN GYM<br>8:00a-9:50a                   | OPEN GYM<br>8:00a-9:50a              | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-9:00a              | CLOSED |
| LANC 1870<br>10:00a-11:20a                | LANC 1870<br>10:00a-11:20a           | LANC 1870<br>10:00a-11:20a            | LANC 1870<br>10:00a-11:20a            | DROP IN<br>BADMINTON<br>9:00a-11:00a |        |
| BODY SCULPT<br>12:05p-12:50p              | TRX<br>12:05p-12:50p                 | CIRCUIT TRAINING<br>12:05p-12:50p     | TRX<br>12:05p-12:50p                  | OPEN GYM<br>11:00a-12:50p            |        |
| OPEN GYM<br>1:00p-6:00p                   | OPEN GYM<br>1:00p-4:15p              | OPEN GYM<br>1:00p-6:00p               | OPEN GYM<br>1:00p-4:15p               | MINDFUL MOVEMENT<br>1:00p-1:45p      |        |
|   | HIIT<br>4:30p-5:30p                  |                                       | CORE CONDITIONING<br>4:30p-5:30p      | OPEN GYM<br>2:00p-10:00p             |        |
| DROP IN<br>SOCCER<br>6:00p-10:00p         | DROP IN<br>BADMINTON<br>6:00p-10:00p | DROP IN<br>VOLLEYBALL<br>6:00p-10:00p | DROP IN<br>BASKETBALL<br>6:00p-10:00p |                                      |        |
| 15  | 16                                   | 17                                    | 18                                    | 19                                   | 20     |
| OPEN GYM<br>8:00a-9:50a                   | OPEN GYM<br>8:00a-9:50a              | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-9:00a              | CLOSED |
| LANC 1870<br>10:00a-11:20a                | LANC 1870<br>10:00a-11:20a           | LANC 1870<br>10:00a-11:20a            | LANC 1870<br>10:00a-11:20a            | DROP IN<br>BADMINTON<br>9:00a-11:00a |        |
| BODY SCULPT<br>12:05p-12:50p              | TRX<br>12:05p-12:50p                 | CIRCUIT TRAINING<br>12:05p-12:50p     | TRX<br>12:05p-12:50p                  | BROOMBALL<br>12:00p-12:50p           |        |
| OPEN GYM<br>1:00p-6:00p                   | OPEN GYM<br>1:00p-4:15p              | OPEN GYM<br>1:00p-6:00p               | OPEN GYM<br>1:00p-4:15p               | MINDFUL MOVEMENT<br>1:00p-1:45p      |        |
|   | HIIT<br>4:30p-5:30p                  |                                       | CORE CONDITIONING<br>4:30p-5:30p      | OPEN GYM<br>2:00p-10:00p             |        |
| DROP IN<br>SOCCER<br>6:00p-10:00p         | DROP IN<br>BADMINTON<br>6:00p-10:00p | DROP IN<br>VOLLEYBALL<br>6:00p-10:00p | DROP IN<br>BASKETBALL<br>6:00p-10:00p |                                      |        |
| 22  | 23                                   | 24                                    | 25                                    | 26                                   | 27     |
| OPEN GYM<br>8:00a-9:50a                   | OPEN GYM<br>8:00a-9:50a              | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-9:50a               | OPEN GYM<br>8:00a-9:00a              | CLOSED |
| LANC 1870<br>10:00a-11:20a                | LANC 1870<br>10:00a-11:20a           | LANC 1870<br>10:00a-11:20a            | LANC 1870<br>10:00a-11:20a            | DROP IN<br>BADMINTON<br>9:00a-11:00a |        |
| BODY SCULPT<br>12:05p-12:50p              | TRX<br>12:05p-12:50p                 | CIRCUIT TRAINING<br>12:05p-12:50p     | TRX<br>12:05p-12:50p                  | OPEN GYM<br>11:00a-12:50p            |        |
| OPEN GYM<br>1:00p-6:00p                   | OPEN GYM<br>1:00p-4:15p              | OPEN GYM<br>1:00p-6:00p               | OPEN GYM<br>1:00p-4:15p               | MINDFUL MOVEMENT<br>1:00p-1:45p      |        |
|   | HIIT<br>4:30p-5:30p                  |                                       | CORE CONDITIONING<br>4:30p-5:30p      | OPEN GYM<br>2:00p-10:00p             |        |
| SOCCER<br>6:00p-10:00p                    | BADMINTON<br>6:00p-10:00p            | VOLLEYBALL<br>6:00p-10:00p            | BASKETBALL<br>6:00p-10:00p            |                                      |        |
| 29  | 30                                   | 31                                    |                                       |                                      |        |
| OPEN GYM<br>8:00a-9:50a                   | OPEN GYM<br>8:00a-9:50a              | OPEN GYM<br>8:00a-9:50a               |                                       |                                      |        |
| LANC 1870<br>10:00a-11:20a                | LANC 1870<br>10:00a-11:20a           | LANC 1870<br>10:00a-11:20a            |                                       |                                      |        |
| BODY SCULPT<br>12:05p-12:50p              | TRX<br>12:05p-12:50p                 | CIRCUIT TRAINING<br>12:05p-12:50p     |                                       |                                      |        |
| OPEN GYM<br>1:00p-6:00p                   | OPEN GYM<br>1:00p-4:15p              | OPEN GYM<br>1:00p-6:00p               |                                       |                                      |        |
|   | HIIT<br>4:30p-5:30p                  |                                       |                                       |                                      |        |
| SOCCER<br>6:00p-10:00p                    | BADMINTON<br>6:00p-10:00p            | VOLLEYBALL<br>6:00p-10:00p            |                                       |                                      |        |