

June 2018

KPU SPORT & RECREATION GYMNASIUM SCHEDULE						
Mon	Tues	Wed	Thurs	Fri	Sat	
				1	2	
				CONVOCACTION CLOSED	CLOSED	
SUBJECT TO CHANGE WITHOUT NOTICE						
4	5	6	7	8	9	
OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-4:15p	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-12:50p	CLOSED	
CIRCUIT TRAINING 12:05p-12:50p		BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	MINDFUL MOVEMENT 1:00p-1:45p		
OPEN GYM 1:00p-6:00p		OPEN GYM 1:00p-6:00p	OPEN GYM 1:00p-4:15p			OPEN GYM 2:00p-9:50p
		HIIT 4:30p-5:30p		CORE CONDITIONING 4:30p-5:30p		
DROP IN SOCCER 6:00p-9:50p	DROP IN BADMINTON 6:00p-9:50p	DROP IN VOLLEYBALL 6:00p-9:50p	BASKETBALL 6:00p-9:50p			
11	12	13	14	15	16	
OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-4:15p	FAMILY ORIENTATION CLOSED	CLOSED	OPEN GYM 8:00a-12:50p	CLOSED	
CIRCUIT TRAINING 12:05p-12:50p			TRX 12:05p-12:50p	MINDFUL MOVEMENT 1:00p-1:45p		
OPEN GYM 1:00p-6:00p			OPEN GYM 1:00p-4:15p			OPEN GYM 2:00p-9:50p
			HIIT 4:30p-5:30p	CORE CONDITIONING 4:30p-5:30p		
DROP IN SOCCER 6:00p-9:50p	DROP IN BADMINTON 6:00p-9:50p		BASKETBALL 6:00p-9:50p			
18	19	20	21	22	23	
OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-4:15p	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	CLOSED	
CIRCUIT TRAINING 12:05p-12:50p			BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p		BROOMBALL 12:00p-12:50p
OPEN GYM 1:00p-6:00p			OPEN GYM 1:00p-6:00p	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-9:50p
DROP IN SOCCER 6:00p-9:50p	DROP IN BADMINTON 6:00p-9:50p	DROP IN VOLLEYBALL 6:00p-9:50p	BASKETBALL 6:00p-9:50p			
25	26	27	28	29	30	
OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-4:15p	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-12:50p	CLOSED	
CIRCUIT TRAINING 12:05p-12:50p		BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	MINDFUL MOVEMENT 1:00p-1:45p		
OPEN GYM 1:00p-6:00p		OPEN GYM 1:00p-6:00p	OPEN GYM 1:00p-4:15p			OPEN GYM 2:00p-9:50p
		HIIT 4:30p-5:30p		CORE CONDITIONING 4:30p-5:30p		
DROP IN SOCCER 6:00p-9:50p	DROP IN BADMINTON 6:00p-9:50p	DROP IN VOLLEYBALL 6:00p-9:50p	BASKETBALL 6:00p-9:50p			