

MARCH 2018

KPU SPORT & RECREATION GYMNASIUM SCHEDULE						
Mon	Tues	Wed	Thurs	Fri	Sat	
			1	2	3	
			OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:00a	CLOSED	
			LANC 1870 10:00a-11:20a	DROP IN BADMINTON 9:00a-11:00a		
			TRX 12:05p-12:50p	OPEN GYM 11:00a-12:50p		
			OPEN GYM 1:00p-4:15p	MINDFUL MOVEMENT 1:00p-1:45p		
			CORE CONDITIONING 4:30p-5:30p	OPEN GYM 2:00p-10:00p		
			BASKETBALL 6:00p-10:00p			
SUBJECT TO CHANGE WITHOUT NOTICE						
5	6	7	8	9	10	
OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	CLOSED	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			
BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	CIRCUIT TRAINING 12:05p-12:50p	TRX 12:05p-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		
	HIIT 4:30p-5:30p		CORE CONDITIONING 4:30p-5:30p	HOLI FESTIVAL CLOSED		
SOCCER 6:00p-10:00p	BADMINTON 6:00p-10:00p	VOLLEYBALL 6:00p-10:00p	BASKETBALL 6:00p-10:00p			
12	13	14	15	16	17	
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-10:50a	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	AMAZING RACE 11:00a-12:50p		
BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	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 1:00p-6:00p	OPEN GYM 1:00p-4:15p	OPEN GYM 2:00p-10:00p		
	HIIT 4:30p-5:30p		CORE CONDITIONING 4:30p-5:30p			
SOCCER 6:00p-10:00p	BADMINTON 6:00p-10:00p	VOLLEYBALL 6:00p-10:00p	BASKETBALL 6:00p-10:00p			
19	20	21	22	23	24	
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		
	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			
26	27	28	29	30	31	
OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	OPEN GYM 8:00a-9:50a	GOOD FRIDAY CLOSED	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			
BODY SCULPT 12:05p-12:50p	TRX 12:05p-12:50p	CIRCUIT TRAINING 12:05p-12:50p	TRX 12:05p-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			
	HIIT 4:30p-5:30p		CORE CONDITIONING 4:30p-5:30p			
SOCCER 6:00p-10:00p	BADMINTON 6:00p-10:00p	VOLLEYBALL 6:00p-10:00p	BASKETBALL 6:00p-10:00p			