

KPU SPORT & RECREATION GYMNASIUM SCHEDULE

Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3
			OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	CLOSED
			POWER YOGA 12:05p-12:50p	STRENGTH & CONDITIONING 12:05p-12:50p	
			OPEN GYM 1:00p-4:15p	CLOSED 1:00p-2:30p	
			HIIT 4:30p-5:30p	OPEN GYM 2:30p-6:45p	
			DROP IN BADMINTON 6:00p-9:50p		
SUBJECT TO CHANGE WITHOUT NOTICE					
5	6	7	8	9	10
British Columbia Day Campus Closed	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	CLOSED
	HATHA YOGA 12:05p-12:50p	TRX 12:05p-12:50p	POWER YOGA 12:05p-12:50p	STRENGTH & CONDITIONING 12:05p-12:50p	
	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-5:30p	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-6:45p	
	HIIT 4:30p-5:30p		HIIT 4:30p-5:30p		
	DROP IN BASKETBALL 6:00p-9:50p	DROP IN VOLLEYBALL 6:00p-9:50p	DROP IN BADMINTON 6:00p-9:50p		
12	13	14	15	16	17
OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-10:30a CLOSED 10:30a-11:45p	CLOSED
STRENGTH & CONDITIONING 12:05p-12:50p	HATHA YOGA 12:05p-12:50p	TRX 12:05p-12:50p	POWER YOGA 12:05p-12:50p	STRENGTH & CONDITIONING 12:05p-12:50p	
OPEN GYM 1:00p-5:30p	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-5:30p	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-2:30p CLOSED 2:45p-5:00p	
	HIIT 4:30p-5:30p		HIIT 4:30p-5:30p	OPEN GYM 5:00p-6:45p	
DROP IN SOCCER 6:00p-9:50p	DROP IN BASKETBALL 6:00p-9:50p	DROP IN VOLLEYBALL 6:00p-9:50p	DROP IN BADMINTON 6:00p-9:50p		
19	20	21	22	23	24
OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	OPEN GYM 8:00a-11:50a	CLOSED
STRENGTH & CONDITIONING 12:05p-12:50p	HATHA YOGA 12:05p-12:50p	TRX 12:05p-12:50p	POWER YOGA 12:05p-12:50p	STRENGTH & CONDITIONING 12:05p-12:50p	
OPEN GYM 1:00p-6:45p	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-6:45p	OPEN GYM 1:00p-4:15p	OPEN GYM 1:00p-6:45p	
	HIIT 4:30p-5:30p		HIIT 4:30p-5:30p		
	OPEN GYM 5:40p-6:45p		OPEN GYM 5:40p-6:45p		
26	27	28	29	30	31
CLOSED FOR ORIENTATION	CLOSED FOR ORIENTATION	CLOSED FOR ORIENTATION	CLOSED FOR ORIENTATION	CLOSED FOR ORIENTATION	CLOSED