

6TH FLOOR EXERCISE ROOM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30							6:00-6:30
6:30-7:00	Open						6:30-7:00
7:00-7:30							7:00-7:30
7:30-8:00	Rec						7:30-8:00
8:00-8:30		Open	Open	Open	Open		8:00-8:30
8:30-9:00							8:30-9:00
9:00-9:30		Rec	Rec	Rec	Rec	Open at 9:30	Open at 9:30
9:30-10:00							9:30-10:00
10:00-10:30						W.Swim Dry-	10:00-10:30
10:30-11:00			Open	Open	Open	Land Training	Open
11:00-11:30	COMBAT					10-11pm	
11:30-12:00	Sordelet/Rossmys		Rec	Rec	Rec		Rec
12:00-12:30	11:00- 2:00	C Imagination					
12:30-1:00		Coates					
1:00-1:30		12:00- 2:00					Open
1:30-2:00							
2:00-2:30			Varsity Diving				Rec
2:30-3:00	Varsity Diving		2:00 - 5:00p				
3:00-3:30	2:15 - 5:00p	Varsity Diving		Varsity Diving			
3:30-4:00		3:00 - 6:00p		3:00 - 6:00p			
4:00-4:30					Diving		
4:30-5:00					New Haven		
5:00-5:30					4:00-6:00		
5:30-6:00							
6:00-6:30							6:00-6:30
6:30-7:00					CLUB SPORTS		6:30-7:00
7:00-7:30	PILATES MAT	CARDIO KICK	PILATES MAT	CARDIO KICK	Tae Kwon Do		7:00-7:30
7:30-8:00	Madden 7-8.	7:00-8:00p	Madden 7-8 .	7:00-8:00p	6:30 - 9P		7:30-8:00
8:00-8:30	TAEKWONDO	Salsa	TAEKWONDO				8:00-8:30
8:30-9:00	Hwang.	8:00-9:00	Hwang.				8:30-9:00
9:00-9:30	8:00-10:00		8:00-10:00				9:00-9:30
9:30-10:00							9:30-10:00
10:00-10:30							10:00-10:30
10:30-11:00							10:30-11:00
				SPRING SESSION			