#### **PWG 5th Floor Room D**

Payne Whitney Gymnasium 5th Floor Room D (Fitness/Dance Studio)

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	GFC: Ride 45	6:45 A.M 7:45 A.M.																		
	IP: Intro to Cycling 1	7:45 A.M 9:15 A.M.																		
	GFC: Ride & Rip	5:30 P.M 6:30 P.M.																		
	IP: Intro Cycling	6:30 P.M 7:45 P.M.																		
	ADAY	8:00 P.M 10:45 P.M.																		
Wed, Jan 31 2024	GFC: Power Yoga	5:30 P.M 6:30 P.M.																		
	IP: Intermediate Ballet	6:30 P.M 7:30 P.M.																		
	Club Triathlon spin practice	8:15 P.M 9:15 P.M.																		
	ADAY	9:30 P.M 10:45 P.M.																		
Thu, Feb 01 2024	GFC: Ride 45	6:45 A.M 7:45 A.M.																		
	GFC: Ride 45	4:45 P.M 6:00 P.M.																		
	GFC: Ride & Rip	6:00 P.M 7:15 P.M.																		
	ADAY	9:00 P.M 10:45 P.M.																		
Fri, Feb 02 2024	GFC: Ride & Rip	6:45 A.M 8:15 A.M.																		
	ADAY	8:00 P.M 10:45 P.M.																		

#### **PWG 5th Floor Room EF**

Payne Whitney Gymnasium 5th Floor Rooms EF (Fitness/Dance Studio)

Date	Event Name	Times	6 7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	GFC: Balletone	8:00 A.M 9:15 A.M.																	
	GFC: Pilates & Barre	9:15 A.M 10:30 A.M.																	
	Club Jump Rope practice	4:00 P.M 5:45 P.M.																	
	IP: Adv Beginner Ballet & Beg Ballet	6:00 P.M 8:45 P.M.																	
	Club Taekwondo practice	8:45 P.M 10:45 P.M.																	
Wed, Jan 31 2024	DRAM 450	8:45 A.M 11:15 A.M.																	
	IP: Resilience Yoga	4:15 P.M 5:30 P.M.																	
	IP: Barre Series	5:30 P.M 6:30 P.M.																	
	IP: Improv Dance	6:30 P.M 7:30 P.M.																	
	IP: Pilates	7:30 P.M 9:00 P.M.																	
	Club Ballroom Dance practice	9:00 P.M 10:45 P.M.																	
Thu, Feb 01 2024	IP: Dynamic Posture	4:45 P.M 6:00 P.M.																	
	IP: Adv Beginner Ballet & Beg Ballet	6:00 P.M 7:45 P.M.																	
	Club Wushu practice EF	8:00 P.M 10:00 P.M.																	
Fri, Feb 02 2024	GFC: Pilates & Stretch TBD	9:00 A.M 10:00 A.M.																	
	IP: Intro to Yoga	10:15 A.M 11:45 A.M.																	
	Club Kendo practice EF	6:00 P.M 8:00 P.M.																	
	ADAY	8:00 P.M 10:45 P.M.																	

# **Location Activity Date/Time Graphic**

#### **PWG 5th Floor Room H**

Payne Whitney Gymnasium 5th Floor Room H (MPR)

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	ROTC Practice	6:00 A.M 8:30 A.M.																		
	Varsity Baseball Practice	9:15 A.M 12:45 P.M.																		
	THST 379	1:30 P.M 3:45 P.M.																		
	Club Soccer WC2 practice indoor	4:00 P.M 6:00 P.M.																		
	Club Soccer WC1 practice - indoor	6:00 P.M 7:45 P.M.																		
	Intramurals H Tue/Thur	7:45 P.M 11:00 P.M.																		
Wed, Jan 31 2024	ROTC Practice	6:00 A.M 8:30 A.M.																		
	Varsity Baseball Practice	9:15 A.M 12:45 P.M.																		
	Club Soccer MC2 practice indoor	4:00 P.M 6:45 P.M.																		
	IP: Shotokan Karate	7:00 P.M 8:15 P.M.																		
	Intramurals H Mon/Wed	8:30 P.M 11:00 P.M.																		
Thu, Feb 01 2024	ROTC Practice	6:00 A.M 8:30 A.M.																		
	DRAM 403	8:45 A.M 9:45 A.M.																		
	DRAM 405	11:45 A.M 1:15 P.M.																		
	THST 379	1:30 P.M 3:45 P.M.																		
	Club Volleyball Men's practice H	4:00 P.M 5:45 P.M.																		
	Club Volleyball Women's practice H	5:45 P.M 7:45 P.M.																		
	Intramurals H Tue/Thur	7:45 P.M 11:00 P.M.																		
Fri, Feb 02 2024	Varsity Mens Soccer Practice	8:00 A.M 9:00 A.M.																		
	Varsity Softball Practice	9:00 A.M 4:15 P.M.																		
	Club Ultimate Women's practice indoor	4:15 P.M 6:00 P.M.																		
	Club Cricket practice H	6:00 P.M 8:00 P.M.																		

#### **PWG 5th Floor Room J**

Payne Whitney Gymnasium 5th Floor Room J (Wrestling/Martial Arts)

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	Club Wrestling Practice	4:00 P.M 6:00 P.M.																		
	Club Mixed Martial Arts practice	6:00 P.M 8:00 P.M.																		
Wed, Jan 31 2024	Club Wrestling Practice	4:00 P.M 6:00 P.M.																		
	Club Mixed Martial Arts practice	6:00 P.M 8:00 P.M.																		
Thu, Feb 01 2024	Club Wrestling Practice	4:00 P.M 6:00 P.M.																		
	Club Mixed Martial Arts practice	6:00 P.M 8:00 P.M.																		
Fri, Feb 02 2024	Club Wrestling Practice	4:00 P.M 6:00 P.M.																		
	Club Mixed Martial Arts practice	6:00 P.M 8:00 P.M.																		
	Club Wushu practice J	8:00 P.M 10:00 P.M.																		

#### **PWG 5th Floor Room K**

Payne Whitney Gymnasium 5th Floor Room K (MPR & Softball)

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	ROTC Practice	6:00 A.M 8:00 A.M.																		
	Varsity Softball Practice	8:00 A.M 5:15 P.M.																		
	Club Taekwondo practice	6:15 P.M 7:45 P.M.																		
	Intramurals K	7:45 P.M 11:00 P.M.																		
Wed, Jan 31 2024	ROTC Practice	6:00 A.M 7:00 A.M.																		
	Varsity Softball Practice	1:45 P.M 5:15 P.M.																		
	Club Table Tennis practice K	5:15 P.M 7:45 P.M.																		
	Intramurals K	7:45 P.M 11:00 P.M.																		
Thu, Feb 01 2024	ROTC Practice	6:00 A.M 8:00 A.M.																		
	Varsity Softball Practice	8:45 A.M 5:15 P.M.																		
	Club Taekwondo practice	6:15 P.M 7:45 P.M.																		
	Intramurals K	7:45 P.M 11:00 P.M.																		
Fri, Feb 02 2024	Varsity Mens Soccer Practice	8:00 A.M 9:00 A.M.																		
	Varsity Softball Practice	9:00 A.M 4:15 P.M.																		
	Club Table Tennis practice K	4:30 P.M 9:30 P.M.																		

#### **PWG 8th Floor MPR**

Payne Whitney Gymnasium 8th Floor Multipurpose Room

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	THST 335	10:15 A.M 12:30 P.M.																		
	THST 092	12:45 P.M 2:30 P.M.																		
	GFC: Hatha Yoga	4:15 P.M 5:30 P.M.																		
	IP: Tai Chi Easyyes	5:30 P.M 6:30 P.M.																		
	GFC: Bootcamp	6:30 P.M 7:15 P.M.																		
	IP: Intro to TRX 3	7:30 P.M 8:30 P.M.																		
	Club Ballroom Dance practice 8th	8:30 P.M 10:45 P.M.																		
Wed, Jan 31 2024	GFC: HIIT 45 TBD	8:00 A.M 9:00 A.M.																		
	GFC: Muscular Development	9:00 A.M 10:15 A.M.																		
	GFC: Balletone	4:15 P.M 5:45 P.M.																		
	Open Rec Badminton	8:45 P.M 10:45 P.M.																		
Thu, Feb 01 2024	THST 335	10:15 A.M 12:30 P.M.																		
	THST 092	12:45 P.M 2:30 P.M.																		
	GFC: Hatha Yoga	4:15 P.M 5:30 P.M.																		
	IP: Modern Dance	5:30 P.M 6:30 P.M.																		
	GFC: Bootcamp	6:30 P.M 7:15 P.M.																		
	IP: Adv Karate	7:15 P.M 9:00 P.M.																		
	Club Badminton practice 8th	9:00 P.M 11:00 P.M.																		
Fri, Feb 02 2024	GFC: Muscular Development	8:00 A.M 9:15 A.M.																		
	GFC: Pilates on the Ball	9:15 A.M 10:30 A.M.																		
	Club Ballroom Dance practice 8th	6:00 P.M 8:30 P.M.																		
	Open Rec Badminton	8:45 P.M 10:45 P.M.																		

# **Location Activity Date/Time Graphic**

#### **PWG LC-T**

Payne Whitney Gymnasium Lanman Center Track

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024																				
Wed, Jan 31 2024	CT Mental Health Center Lanman use	10:00 A.M 12:00 P.M.																		
Thu, Feb 01 2024																				

Fri, Feb 02 2024

# **Location Activity Date/Time Graphic**

PWG LC\_1

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	ROTC Practice	6:00 A.M 9:00 A.M.																		<u></u>
	Intramurals LC 1 & 2	8:00 P.M 11:00 P.M.																		l e
Wed, Jan 31 2024	ROTC Practice	6:00 A.M 9:00 A.M.																		
	CT Mental Health Center Lanman use	10:00 A.M 12:00 P.M.																		
	Varsity VB	4:00 P.M 6:00 P.M.																		
	Intramurals LC 1 & 2	8:00 P.M 11:00 P.M.																		
Thu, Feb 01 2024	ROTC Practice	6:00 A.M 9:00 A.M.																		
	Intramurals LC 1 & 2	8:00 P.M 11:00 P.M.																		
Fri, Feb 02 2024	Varsity VB	4:00 P.M 6:00 P.M.																		

# **Location Activity Date/Time Graphic**

PWG LC\_2

Date	Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	Intramurals LC 1 & 2	8:00 P.M 11:00 P.M.																		
Wed, Jan 31 2024	Varsity FB	6:30 A.M 7:30 A.M.																		
	Intramurals LC 1 & 2	8:00 P.M 11:00 P.M.																		
Thu, Feb 01 2024	Intramurals LC 1 & 2	8:00 P.M 11:00 P.M.																		
Fri, Feb 02 2024	Varsity FB	6:30 A.M 7:30 A.M.																		
	Club Basketball Men's practice LC2	4:00 P.M 6:00 P.M.																		

# **Location Activity Date/Time Graphic**

PWG LC\_3

Date	<b>Event Name</b>	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
Tue, Jan 30 2024	Intramural LC3 Tues/Thur	8:00 P.M 11:00 P.M.																		
Wed, Jan 31 2024	Varsity FB	6:30 A.M 7:30 A.M.																		
	Varsity VB	4:00 P.M 6:00 P.M.																		
	Club Volleyball Men's practice	8:00 P.M 10:00 P.M.																		
Thu, Feb 01 2024	Intramural LC3 Tues/Thur	8:00 P.M 11:00 P.M.																		
Fri, Feb 02 2024	Varsity FB	6:30 A.M 7:30 A.M.																		
	Varsity VB	4:00 P.M 6:00 P.M.																		

## **Location Activity Date/Time Graphic**

PWG LC\_4

Event Name	Times	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
PWG Member Reservation	7:00 P.M 8:00 P.M.																		
Club Basketball Men's practice	8:00 P.M 10:00 P.M.																		
Club Ultimate Men's practice indoor Tues	10:00 P.M 11:00 P.M.																		l i
Varsity VB	4:00 P.M 6:00 P.M.																		
Club Basketball Women's practice	8:00 P.M 10:00 P.M.																		
Club Basketball Women's practice	8:00 P.M 10:00 P.M.																		
Yale Cheer Practice	6:00 A.M 8:00 A.M.																		
Varsity VB	4:00 P.M 6:00 P.M.																		
	PWG Member Reservation Club Basketball Men's practice Club Ultimate Men's practice indoor Tues Varsity VB Club Basketball Women's practice Club Basketball Women's practice Yale Cheer Practice	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M. Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M. Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M. Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M. Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M. Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M. Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M.  Club Basketball Men's practice 8:00 P.M 10:00 P.M.  Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation 7:00 P.M 8:00 P.M. Club Basketball Men's practice 8:00 P.M 10:00 P.M. Club Ultimate Men's practice indoor Tues 10:00 P.M 11:00 P.M.  Varsity VB 4:00 P.M 6:00 P.M. Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Club Basketball Women's practice 8:00 P.M 10:00 P.M.  Yale Cheer Practice 6:00 A.M 8:00 A.M.	PWG Member Reservation       7:00 P.M 8:00 P.M.         Club Basketball Men's practice       8:00 P.M 10:00 P.M.         Club Ultimate Men's practice indoor Tues       10:00 P.M 11:00 P.M.         Varsity VB       4:00 P.M 6:00 P.M.         Club Basketball Women's practice       8:00 P.M 10:00 P.M.         Club Basketball Women's practice       8:00 P.M 10:00 P.M.         Yale Cheer Practice       6:00 A.M 8:00 A.M.	PWG Member Reservation         7:00 P.M 8:00 P.M.           Club Basketball Men's practice         8:00 P.M 10:00 P.M.           Club Ultimate Men's practice indoor Tues         10:00 P.M 11:00 P.M.           Varsity VB         4:00 P.M 6:00 P.M.           Club Basketball Women's practice         8:00 P.M 10:00 P.M.           Club Basketball Women's practice         8:00 P.M 10:00 P.M.           Yale Cheer Practice         6:00 A.M 8:00 A.M.	PWG Member Reservation         7:00 P.M 8:00 P.M.           Club Basketball Men's practice         8:00 P.M 10:00 P.M.           Club Ultimate Men's practice indoor Tues         10:00 P.M 11:00 P.M.           Varsity VB         4:00 P.M 6:00 P.M.           Club Basketball Women's practice         8:00 P.M 10:00 P.M.           Club Basketball Women's practice         8:00 P.M 10:00 P.M.           Yale Cheer Practice         6:00 A.M 8:00 A.M.