

FOR YOUR CONVENIENCE, GROUP ACTIVITIES ON THE GYM FLOOR - FALL 2024
 FROM SEPT 3-DEC 20

MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY
		M SOCCER 8 – 9 AM	W HOCKEY 8:15 – 9:15 AM			
		W SOCCER 9 – 10 AM			M SOCCER 9 – 10 AM	
		W HOCKEY 10:15 – 11 AM			W SOCCER 10 – 11 AM	
M HOCKEY 11 AM – 12 PM		M HOCKEY 11 AM – 12 PM	M HOCKEY 11 AM – 12 PM			W BASKETBALL 11:45 AM – 12:45 PM (starting in October)
M HOCKEY 12 – 1 PM	HIIT 12:15 – 12:45 PM	40+ LIFTING 12 – 1 PM	W BASKETBALL 12 – 1 PM (Oct)	HIIT 12:15 – 12:45 PM	40+ LIFTING 12 – 1 PM	
M Soccer – Saturdays 10 – 11 am, Sept 14, 21, 28, Oct 5, 19						
		M BASKETBALL 1 – 1:45 PM	W BASKETBALL 1 – 2 PM (Sept)		M BASKETBALL 1 – 1:45 PM	W BASKETBALL 1:30 – 2:30 PM (Sept)
W BASKETBALL 2:15 – 3:15 PM						
M BASKETBALL 3:30 – 4:15 PM		W BASKETBALL 3:30 – 4:30 PM	M BASKETBALL 3 – 3:45 PM			M BASKETBALL 3:15 – 4 PM
W RUGBY STRETCH 4:15 – 5 PM		W RUGBY 4:30 – 6 PM	M RUGBY 4:15 – 6 PM		M RUGBY 4:30 – 6 PM	
M RUGBY STRETCH 5 – 5:45 PM						
FOOTBALL 7 – 8 PM		FOOTBALL 7 – 8 PM	FOOTBALL 7 – 8 PM	HIIT 6:30 – 7:30 PM		HIIT 6:30 – 7:30 PM