



# Cardio Room Schedule

Updated 9/26/2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00a – 5:45a	5:00a – 5:45a	5:00a – 5:45a	5:00a – 5:45a	5:00a – 5:45a	
6:00a – 6:45a	6:00a – 6:45a	6:00a – 6:45a	6:00a – 6:45a	6:00a – 6:45a	
7:00a – 7:45a	7:00a – 7:45a	7:00a – 7:45a	7:00a – 7:45a	7:00a – 7:45a	
8:00a – 9:45a	8:00a – 9:45a	8:00a – 9:45a	8:00a – 9:45a	8:00a – 9:45a	8:00a – 9:45a
9:00a – 9:45a	9:00a – 9:45a	9:00a – 9:45a	9:00a – 9:45a	9:00a – 9:45a	9:00a – 9:45a
10:00a – 10:45a	10:00a – 10:45a	10:00a – 10:45a	10:00a – 10:45a	10:00a – 10:45a	10:00a – 10:45a
11:00a – 11:45a	11:00a – 11:45a	11:00a – 11:45a	11:00a – 11:45a	11:00a – 11:45a	11:00a – 11:45a
12:00p – 12:45p	12:00p – 12:45p	12:00p – 12:45p	12:00p – 12:45p	12:00p – 12:45p	
1:00p – 1:45p	1:00p – 1:45p	1:00p – 1:45p	1:00p – 1:45p	1:00p – 1:45p	
2:00p – 2:45p	2:00p – 2:45p	2:00p – 2:45p	2:00p – 2:45p	2:00p – 2:45p	
3:00p – 3:45p	3:00p – 3:45p	3:00p – 3:45p	3:00p – 3:45p	3:00p – 3:45p	
4:00p -4:45p	4:00p -4:45p	4:00p -4:45p	4:00p -4:45p	4:00p -4:45p	
5:00p – 5:45p	5:00p – 5:45p	5:00p – 5:45p	5:00p – 5:45p	5:00p – 5:45p	
6:00p – 6:45p	6:00p – 6:45p	6:00p – 6:45p	6:00p – 6:45p		