# WEEKLY ROOM/CARDIO ROOM SCHEDULE

***Limited availability of machines/workout zones during indicated times***

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| 0530 | | | | | |
| 0600 | **0600-0700**<br>WEIGHT ROOM<br>CARDIO ROOM | **0600-0700**<br>WEIGHT ROOM | | **0600-0700**<br>WEIGHT ROOM<br>CARDIO ROOM | |
| 0630 | | | | | |
| 0700 | | | | | |
| 0730 | | | | | |
| 0800 | | | | | |
| 0830 | | | | | |
| 0900 | | | | | |
| 0930 | | | | | |
| 1000 | **1010-1140**<br>WEIGHT ROOM<br>CARDIO ROOM | **1010-1140**<br>WEIGHT ROOM | **1010-1140**<br>WEIGHT ROOM | **1010-1140**<br>WEIGHT ROOM | **1010-1140**<br>WEIGHT ROOM<br>CARDIO ROOM |
| 1030 | | | | | |
| 1100 | | | | | |
| 1130 | | | | | |
| 1200 | | | | | |
| 1230 | | | | | |
| 1300 | | | | | |
| 1330 | | | | | |
| 1400 | | | | | |
| 1430 | **1450-1620**<br>WEIGHT ROOM | **1450-1620**<br>WEIGHT ROOM<br>CARDIO ROOM | | | **1450-1620**<br>WEIGHT ROOM<br>CARDIO ROOM |
| 1500 | | | | | |
| 1530 | | | | | |
| 1600 | | | | | |
| 1630 | | | | | |
| 1700 | | **1700-1830**<br>WEIGHT ROOM<br>CARDIO ROOM | **1700-1830**<br>WEIGHT ROOM | **1700-1830**<br>WEIGHT ROOM<br>CARDIO ROOM | |
| 1730 | | | | | |
| 1800 | | | | | |
| 1830 | | | | | |
| 1900 | | | | | |
| 1930 | | | | | |
| 2000 | | | | | |
| 2030 | | | | | |
| 2100 | | | | | |
| 2130 | | | | | |
| 2200 | | | | | |