

# Gymnasium Building

## Fitness Room *Schedule*

### Fall 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
8:00-8:30	<b>Free</b>	Preparation Physique II	Preparation Physique II	Preparation Physique II	Preparation Physique II	<b>Free</b>	<b>Closed</b>			
8:30-9:00										
9:00-9:30										
9:30-10:00	Body Building PHED 208	<b>Free</b>	Body Building PHED 208	<b>Free</b>	Body Building PHED 208		<b>Free</b>			
10:00-10:30										
10:30-11:00	Body Building PHED 208		Body Building PHED 208		Body Building PHED 208					
11:00-11:30										
11:30-12:00	Body Building PHED 208		Aerobics & Fitness PHED 272		Body Building PHED 208					
12:00-12:30										
12:30-1:00	Body Building With Coach Guyo		<b>Free</b>		Body Building With Coach Guyo			<b>Free</b>	Body Building With Coach Guyo	
1:00-1:30										
1:30-2:00										
2:00-2:30										
2:30-3:00										
3:00-3:30										
3:30-4:00	Body Building With Coach Cesar	<b>Free</b>		Body Building With Coach Cesar	<b>Free</b>				Body Building With Coach Cesar	
4:00-4:30										
4:30-5:00										
5:00-5:30										
5:30-6:00										
6:00-6:30										
6:30-7:00	Free		<b>Free</b>	Free		<b>Free</b>	Free			
7:00-7:30										
7:30-8:00										
8:00-8:30	Free			<b>Free</b>			Free	<b>Free</b>	Free	
8:30-9:00										
9:00-9:30										
										<b>Closed</b>

# Gymnasium Building

## Indoor Court Schedule

### Fall 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:30	Tennis PHED 260	Free	Tennis PHED 260	Free	Tennis PHED 260	Free	Free
8:30-9:00							
9:00-9:30							
9:30-10:00	Football PHED 212	PE Schl PHED 207	Football PHED 212	PE Schl PHED 207	Football PHED 212		
10:00-10:30	Badminton PHED 263	Volleyball PHED 210	Badminton PHED 263	Volleyball PHED 210	Badminton PHED 263		
10:30-11:00							
11:00-11:30							
11:30-12:00	Handball PHED 213	Instructors/Staff	Handball PHED 213	Instructors/Staff	Handball PHED 213	UOB Dorms Residents	UOB Kids (Activity)
12:00-12:30							
12:30-1:00							
1:00-1:30	Mode de Vie PHED 200	Mode de Vie PHED 200	Mode de Vie PHED 200	Mode de Vie PHED 200	School Activity/Instructors/Staff	Table Tennis (Home Games)	
1:30-2:00							
2:00-2:30							
2:30-3:00	Table Tennis PHED 261	Badminton / Table Tennis	Table Tennis PHED 261	Badminton / Table Tennis	Tennis (Varsity Team)	Reserved for Home Trainings	
3:00-3:30							
3:30-4:00							
4:00-4:30	Futsal Men	Futsal Women	Futsal Men	Futsal Women	Basketball Jr.		
4:30-5:00							
5:00-5:30							
5:30-6:00	Volleyball Women	Basketball Women	Volleyball Women	Basketball Women	Volleyball Women	Basketball Women	
6:00-6:30							
6:30-7:00							
7:00-7:30	Volleyball Men	Basketball Men	Volleyball Men	Basketball Men	Volleyball Men	Basketball Men	Freij Dorm Residents
7:30-8:00							
8:00-8:30							
8:30-9:00							
9:00-9:30							

 Varsity Training  
 PE Courses  
 Free Time

# Gymnasium Building

## Judo Room Schedule

### Fall 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-8:30	Gymnastique Ryt PHED 222	Closed	Gymnastique Ryt PHED 222	Closed	Gymnastique Ryt PHED 222	Closed	Closed
8:30-9:00							
9:00-9:30							
9:30-10:00	Gymnastique II PHED 221	Free	Gymnastique II PHED 221	Free	Gymnastique II PHED 221	Free	
10:00-10:30							
10:30-11:00							
11:00-11:30	Gymnastique II PHED 221		Gymnastique II PHED 221		Gymnastique II PHED 221		
11:30-12:00							
12:00-12:30	Aerobics & Fitness PHED 272	Yoga	Aerobics & Fitness PHED 272	Yoga	Aerobics & Fitness PHED 272	Parkour	
12:30-1:00							
1:00-1:30							
1:30-2:00	Sport de Combats I PHED 270		Sport de Combats I PHED 270		Sport de Combats I PHED 270		
2:00-2:30							
2:30-3:00		Parkour	Sport de combats II PHED 271	Parkour		School Activity	
3:00-3:30							
3:30-4:00	Sport de combats II PHED 271		Aerobics		Martial Arts	Aerobics	Martial Arts
4:00-4:30							
4:30-5:00							
5:00-5:30	Martial Arts	Aerobics	Martial Arts	Aerobics	Martial Arts	Free	
5:30-6:00							
6:00-6:30							
6:30-7:00	Aerobics	Free	Free	Free	Free		
7:00-7:30							
7:30-8:00							
8:00-8:30	Aerobics	Free	Free	Free	Free	Closed	
8:30-9:00							

	Varsity Training
	Free Time
	PE Courses

**Gymnasium Building**  
**Swimming Pool Schedule**  
**Fall 2017**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 - 9:00	UOB Staff	UOB Staff	UOB Staff	UOB Staff	UOB Staff	CLOSED	CLOSED	
9:00 - 10:00	FREE							CLOSED
10:00 - 11:00								
11:00 - 12:00								
12:00 - 1:00	CLOSED					FREE		
1:00 - 2:00								
2:00 - 3:00	FREE	FREE	FREE	FREE	FREE			
3:00 - 4:00					School Activity			
4:00 - 5:00		Swimming Varsity		FREE	Swimming Varsity			FREE
5:00 - 6:00								
6:00 - 7:00								
7:00 - 8:00	FREE	FREE	FREE	FREE	FREE			
8:00-9:00							CLOSED	



FREE  
 VARSITY TEAM  
 UOB STAFF