

**DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND WELLNESS
INTRAMURAL AND RECREATION SCHEDULE
FALL 2008**

*Begins Monday, September 15, 2008
Ends Tuesday, December 16, 2008*

“HAVE FUN, BE FIT & HEALTHY”

Dr. Donna Genova, Acting Chairperson

Dr. Charles Alston, Coordinator

	Monday	Tuesday	Wednesday	Thursday	Friday
UNIVERSAL MACHINE WEIGHT TRAINING MEZZANINE 1 & 2	8:00-9:50 a.m. 3:00-5:50 p.m.	8:00-8:50 a.m. 3:00-5:50 p.m.	8:00-8:50 p.m. 4:00-5:50 p.m.	12:00-2:00 p.m.	8:00-8:50 a.m. 1:00-3:50 p.m.
MARTIAL ARTS DOJO ROOM	12:00-2:50 p.m.	2:00-3:50p.m.	1:00-3:50 p.m.	12:00-2:00 p.m.	1:00-3:50 p.m.
DANCE STUDIO	9:00-10:50a.m.		<i>Dance Workshop</i> 2:00-4:00p.m.	<i>Dance Workshop</i> 12:00-2:00 p.m.	<i>Dance Workshop</i> 12:00-2:00 p.m.
CARDIO FITNESS CENTER	8:00-9:50 a.m. 2:00-6:00 p.m.	8:00-8:50 a.m. 3:00-6:00 p.m.	8:00-9:50 a.m. 3:00-6:00 p.m.	12:00-2:00 p.m. 4:00-6:00 p.m.	8:00-8:50 a.m. 1:00-5:00 p.m.
POOL	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
HANDBALL- PADDLE BALL COURTS	10:00-6:00 p.m.	10:00-6:00 p.m.	10:00-6:00 p.m.	10:00 p.m.-6:00 p.m.	10:00-6:00 p.m.
GYM	3:00-3:50p.m. 4:00-6:00p.m. Athletics	3:00-3:50p.m. 4:00-6:00 p.m. Athletics	Varsity Athletics 4:00-6:00p.m.	12:00-2:00 p.m. 4:00-6:00p.m. Athletics	1:00-5:00p.m. UHHS
TENNIS COURT	10:00-6:00 p.m.	10:00-6:00 p.m.	10:00-6:00 p.m.	10:00-6:00 p.m.	10:00-6:00 p.m.
TRACK & FIELD	9:00-3:00p.m.	9:00-3:00p.m.	9:00-3:00p.m.	9:00-3:00p.m.	9:00-3:00p.m.
MEDITATION ROOM	3:00-5:00 p.m. <i>College Classes & BCC</i>	3:00-5:00 p.m. <i>Athletic Teams</i>	4:00-5:00 p.m. <i>Take Priority</i>	12:00-2:00 p.m. 4:00-5:00p.m.	9:00-1:00 p.m.