

# CAMPUS RECREATION DECEMBER EXAM SCHEDULE

## DECEMBER 10, 2010 - JANUARY 7, 2011

### DROP-IN RECREATION

	sat dec 10	sun dec 11	mon dec 12	tues dec 13	wed dec 14	thurs dec 15	fri dec 16	
<b>ORANGE GYM</b> lower	Basketball 8:15am-5:45pm	Basketball 8:15am-5:45pm	Basketball 7:15am-9:45pm	Basketball 7:15am-9:45pm	Basketball 7:15am-9:45pm	Basketball 7:15am-9:45pm	Basketball 7:15am-9:45pm	
<b>PURPLE GYM</b> lower	Badminton 8:15am-1:00pm Basketball 1:30-5:45pm	Badminton 8:15am-1:00pm Basketball 1:30-5:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	
<b>RED GYM</b> lower	Volleyball 8:15am-5:45pm	Volleyball 8:15am-5:45pm	Volleyball 7:15am-9:45pm	Volleyball 7:15am-9:45pm	Volleyball 7:15am-9:45pm	Volleyball 7:15am-9:45pm	Volleyball 7:15am-9:45pm	
<b>YELLOW GYM</b> upper	Futsal 8:15am-5:45pm	Futsal 8:15am-5:45pm	Futsal 7:15am-9:45pm	Futsal 7:15am-9:45pm	Futsal 7:15am-9:45pm	Futsal 7:15am-9:45pm	Futsal 7:15am-9:45pm	
<b>BLUE GYM</b> upper	Badminton 8:15am-5:45pm	Badminton 8:15am-5:45pm	Badminton 7:15am-9:45pm	Badminton 7:15am-9:45pm	Badminton 7:15am-9:45pm	Badminton 7:15am-9:45pm	Badminton 7:15am-9:45pm	
	sat dec 17	sun dec 18	mon dec 19	tues dec 20	wed dec 21	thurs dec 22	fri dec 23	
<b>ORANGE GYM</b> lower	Basketball 8:15am-5:45pm	Basketball 8:15am-5:45pm	Basketball 7:15am-9:45pm	Basketball 7:15am-9:45pm	Basketball 7:15am-9:45pm	Basketball 7:15am-5:45pm	Basketball 7:15am-5:45pm	
<b>PURPLE GYM</b> lower	Badminton 8:15am-1:00pm Basketball 1:30-5:45pm	Badminton 8:15am-1:00pm Basketball 1:30-5:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	Badminton 7:15am-1:00pm Basketball 1:30-9:45pm	Badminton 7:15am-1:00pm Basketball 1:30-5:45pm	Badminton 7:15am-1:00pm Basketball 1:30-5:45pm	
<b>RED GYM</b> lower	Volleyball 8:15am-5:45pm	Volleyball 8:15am-5:45pm	Volleyball 7:15am-9:45pm	Volleyball 7:15am-9:45pm	Volleyball 7:15am-9:45pm	Volleyball 7:15am-5:45pm	Volleyball 7:15am-5:45pm	
<b>YELLOW GYM</b> upper	Futsal 8:15am-5:45pm	Futsal 8:15am-5:45pm	Futsal 7:15-9:45pm	Futsal 7:15-9:45pm	Futsal 7:15-9:45pm	Futsal 7:15-5:45pm	Futsal 7:15-5:45pm	
<b>BLUE GYM</b> upper	Badminton 8:15am-5:45pm	Badminton 8:15am-5:45pm	Badminton 7:15am-9:45pm	Badminton 7:15am-9:45pm	Badminton 7:15am-9:45pm	Badminton 7:15am-5:45pm	Badminton 7:15am-5:45pm	
	dec 24-26	tues dec 27	wed dec 28	thurs dec 29	fri dec 30	jan 3-6	sat jan 7	
<b>ORANGE GYM</b> lower	<b>CLOSED</b> Also CLOSED Dec.31 - Jan 2	Basketball 8:15am-3:45pm	Basketball 8:15am-3:45pm	Basketball 8:15am-5:45pm	Basketball 8:15am-5:45pm	Basketball 7:15am-7:45pm	Basketball 8:15am-7:45pm	
<b>PURPLE GYM</b> lower		Badminton 8:15am-1:00pm Basketball 1:30-3:45pm	Badminton 8:15am-1:00pm Basketball 1:30-3:45pm	Badminton 8:15am-1:00pm Basketball 1:30-5:45pm	Badminton 8:15am-1:00pm Basketball 1:30-5:45pm	Badminton 8:15am-1:00pm Basketball 1:30-7:45pm	Badminton 8:15am-1:00pm Basketball 1:30-7:45pm	
<b>RED GYM</b> lower		Volleyball 8:15am-3:45pm	Volleyball 8:15am-3:45pm	Volleyball 8:15am-5:45pm	Volleyball 8:15am-5:45pm	Volleyball 7:15am-7:45pm	Volleyball 8:15am-7:45pm	
<b>YELLOW GYM</b> upper		Futsal 8:15-3:45pm	Futsal 8:15am-3:45pm	Futsal 8:15am-5:45pm	Futsal 8:15am-5:45pm	Futsal 8:15am-5:45pm	Futsal 7:15am-7:45pm	Futsal 8:15am-7:45pm
<b>BLUE GYM</b> upper		Badminton 8:15am-3:45pm	Badminton 8:15am-3:45pm	Badminton 8:15am-5:45pm	Badminton 8:15am-5:45pm	Badminton 8:15am-5:45pm	Badminton 7:15am-7:45pm	Badminton 8:15am-7:45pm

### Sat Dec 10 - Wed Dec 21

Mondays - Fridays 6am-10pm  
Saturdays & Sundays 8am-6pm

### Thurs Dec 22 - Fri Dec 23 6am-6pm

### Dec 24 - 26 - CLOSED

### Dec 27 - 30 8am-4pm

### Dec 31/Jan 2 - CLOSED

### Jan 3-6 6am-8pm

### Jan 7 8am-8pm

### NEW WINTER 2012 HOURS

Mon - Thurs 6:00AM - Midnight  
Fri - 6:00AM - 10:00PM  
Sat - 8:00AM - 10:00PM  
Sun - 8:00AM - Midnight

### STORE YOUR STUFF!

Day-use lockers are available in each locker room and throughout the facility. Locks must be removed prior to close each day. Campus Recreation and The University of Western Ontario are not responsible for lost or stolen items.

### FOR YOUR SAFETY:

No admittance 5 minutes after the start of any group fitness class.

### GROUP FITNESS

	sat dec 10	sun dec 11	mon dec 12	tues dec 13	wed dec 14	thurs dec 15	fri dec 16	
<b>Studio 1</b>	Pilates 9:35am-10:25am Step Beginner 10:35am-11:25am Triple Threat 4:35pm-5:55pm	Yoga Stretch 1:05pm-1:55pm Zumba 4:05pm-4:55pm Hip Hop 5:05pm-5:55pm	Pilates 7:05am-7:55am Yoga Stretch 12:05pm-12:55pm Sculpt & Sweat 1:05pm-1:55pm Yoga Stretch 2:35pm-3:25pm Yoga Stretch 4:35pm-5:25pm Step Advanced 6:35pm-7:25pm The Pumps 7:35pm-8:25pm	Sculpt & Sweat 7:05am-7:55am Step Intermediate 12:05pm-12:55pm Skip & Sculpt 1:05pm-1:55pm Sculpt & Sweat 4:35pm-5:25pm Rock Bottom 6:05pm-6:25pm Skip & Sculpt 6:35pm-7:25pm	Step & Sculpt 12:05pm-12:55pm Yoga Stretch 1:05pm-1:55pm Step Advanced 6:35pm-7:25pm The Pumps 7:35pm-8:25pm	Pilates 7:05am-7:55am Ab Attack 10:05am-10:25am Gun Show 10:35am-10:55am Step X 12:15pm-12:45pm Sculpt & Sweat 1:05pm-1:55pm Cardio Kickbox 3:35pm-4:25pm Skip & Sculpt 4:35pm-5:25pm Yoga Stretch 7:05pm-7:55pm	Sculpt & Sweat 12:05pm-12:55pm Power Hour 1:05pm-1:55pm Pilates 4:05pm-4:55pm Yoga Stretch 5:05pm-5:55pm	
<b>Studio 2</b>				Sculpt & Sweat 12:05pm-12:55pm	Zumba 12:05pm-12:55pm			
<b>Spin</b>	Spin 8:10am-9:25am		Spin 12:05pm-12:55pm 5:35pm-6:25pm	Spin 12:05pm-12:55pm	Spin 4:35pm-5:25pm	Spin 12:05pm-12:55pm	Spin 4:05pm-4:55pm	
	sat dec 17	sun dec 18	mon dec 19	tues dec 20	wed dec 21	thurs dec 22	fri dec 23	
<b>Studio 1</b>	Pilates 10:05am-10:55am	Zumba 4:05pm-4:55pm Hip Hop 5:05pm-5:55pm	Yoga Stretch 12:05pm-12:55pm Sculpt & Sweat 1:05pm-1:55pm Yoga Stretch 2:05pm-2:55pm Yoga Stretch 4:05pm-4:55pm Step Advanced 6:35pm-7:25pm The Pumps 7:35pm-8:25pm	Step Intermediate 12:05pm-12:55pm Skip & Sculpt 1:05pm-1:55pm Sculpt & Sweat 4:35pm-5:25pm	Step & Sculpt 12:05pm-12:55pm Yoga Stretch 1:05pm-1:55pm Step Advanced 6:35pm-7:25pm The Pumps 7:35pm-8:25pm	Step X 12:15pm-12:45pm Skip & Sculpt 1:05pm-1:55pm	Step & Sculpt 12:05pm-12:55pm Pilates 4:00pm-5:00pm	
<b>Studio 2</b>				Zumba 12:05pm-12:55pm				
<b>Spin</b>	Spin 8:10am-9:35am		Spin 12:05pm-12:55pm 5:35pm-6:25pm	Spin 12:05pm-12:55pm	Spin 4:35pm-5:25pm	Spin 4:05pm-4:55pm	Spin 1:05pm-1:55pm	
	dec 24-26	dec 27-30	Dec 31-Jan 2	tues jan 3	wed jan 4	thurs jan 5	fri jan 6	
<b>Studio 1</b>	<b>CLOSED</b>	<b>No Group Fitness Classes</b>	<b>CLOSED</b>	Sculpt & Sweat 7:05am-7:55am Sculpt & Sweat 12:05pm-12:55pm Cardio Kickbox 1:05pm-1:55pm Yoga Stretch 4:35pm-5:25pm	Step & Sculpt 12:05pm-12:55pm Yoga Stretch 1:05pm-1:55pm Sculpt & Sweat 4:35pm-5:25pm	Sculpt & Sweat 7:05am-7:55am Cardio Kickbox 12:05pm-12:55pm Yoga Stretch 1:05pm-1:55pm Step Beginner 4:35pm-5:25pm	The Pumps 12:05pm-12:55pm Yoga Stretch 4:35pm-5:25pm	
<b>Studio 2</b>								
<b>Spin</b>						Spin 3:35pm-4:25pm	Spin 12:05pm-12:55pm	

### AQUATICS

	sat dec 10	sun dec 11	mon dec 12
<b>Fit</b>	SC 10:15 am - 4 pm	SC 10:15am - 11:45am LC 12:15 pm - 4 pm	SC 6:15 am - 8:30 am SC 9:30 am - 8 pm
<b>Rec</b>	2 pm - 4 pm	10:15 am - 11:45 am	6:30 pm - 8 pm
	tues dec 13	wed dec 14	thurs dec 15
<b>Fit</b>	SC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm	LC 6:15 am - 8:30 am LC 9:30 am - 1:30 pm SC 2 pm - 8 pm	SC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm
<b>Rec</b>		6:30 pm - 8 pm	
	fri dec 16	sat dec 17	sun dec 18
<b>Fit</b>	LC 6:15 am - 8:30 am LC 9:30 am - 6:30 pm	SC 10:15 am - 4 pm	SC 10:15 am - 11:45 am LC 12:15 pm - 4 pm
<b>Rec</b>		2 - 4 pm	10:15 am - 11:45 am
	mon dec 19	tues dec 20	wed dec 21
<b>Fit</b>	SC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm	SC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm	LC 6:15 am - 8:30 am LC 9:30 am - 1:30 pm SC 2 pm - 6:30 pm
<b>Rec</b>	Rec Swims resume Sat Jan 07, 2012		
	thurs dec 22	fri dec 23	dec 24-26
<b>Fit</b>	SC 9:30 am - 5:30 pm	CLOSED	CLOSED
<b>Rec</b>	Rec Swims resume Sat Jan 07, 2012		
	tues dec 27	wed dec 28	thurs dec 29
<b>Fit</b>	SC 10:15 am - 3 pm	SC 10:15 am - 3 pm	SC 10:15 am - 3 pm
<b>Rec</b>			
	dec 30	dec 31 - jan 2	tues jan 3
<b>Fit</b>	SC 10:15 am - 3 pm	CLOSED	SC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm
<b>Rec</b>	Rec Swims resume Sat Jan 07, 2012		
	wed jan 4	thurs jan 5	fri jan 6
<b>Fit</b>	LC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm	SC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm	LC 6:15 am - 8:30 am SC 9:30 am - 6:30 pm
<b>Rec</b>	Rec Swims resume Sat Jan 07, 2012		
	sat jan 7	sun jan 8	
<b>Fit</b>	SC 9:30 am - 4 pm	SC 10:15am - 11:45am LC 12:15 pm - 4 pm	
<b>Rec</b>	2 - 4 pm	10:15 am - 11:45 am	