## Monday, November 22, 2021

### Athletic Center

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Label</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>06:15 AM-08:15 AM</td>
<td>MLax Post Fall Ball</td>
<td>Varsity Strength Training</td>
<td>Starr Room (Former VWR)</td>
</tr>
<tr>
<td>07:30 AM-08:45 AM</td>
<td>Football</td>
<td>Meeting</td>
<td>Athletics Meeting Room</td>
</tr>
<tr>
<td>08:00 AM-08:01 AM</td>
<td>Women's Lacrosse</td>
<td>Varsity Strength Training</td>
<td>Starr Room (Former VWR)</td>
</tr>
<tr>
<td>10:00 AM-12:00 PM</td>
<td>Men's Basketball</td>
<td>Varsity Practice</td>
<td>Auxiliary Gym</td>
</tr>
<tr>
<td>11:00 AM-12:00 PM</td>
<td>Women's Basketball</td>
<td>Meeting</td>
<td>Athletics Meeting Room</td>
</tr>
<tr>
<td>04:30 PM-05:30 PM</td>
<td>Wrestling</td>
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<tr>
<td>05:00 PM-06:00 PM</td>
<td>Women's Basketball</td>
<td>Varsity Strength Training</td>
<td>Kumin Room (Former Fencing Room)</td>
</tr>
<tr>
<td>05:30 PM-07:00 PM</td>
<td>Football</td>
<td>Meeting</td>
<td>Athletics Meeting Room</td>
</tr>
<tr>
<td>06:00 PM-07:00 PM</td>
<td>Women's Tennis</td>
<td>Varsity Strength Training</td>
<td>Kumin Room (Former Fencing Room)</td>
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### Fields

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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>06:00 AM-08:00 AM</td>
<td>Varsity Swimming</td>
<td>Varsity Practice</td>
</tr>
<tr>
<td>08:00 AM-10:00 AM</td>
<td>Morning Open Swim</td>
<td>Recreation</td>
</tr>
<tr>
<td>11:15 AM-02:00 PM</td>
<td>Afternoon Open Swim</td>
<td>Recreation</td>
</tr>
<tr>
<td>02:00 PM-04:00 PM</td>
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<td>Varsity Practice</td>
</tr>
<tr>
<td>04:30 PM-07:00 PM</td>
<td>Varsity Water Polo</td>
<td>Varsity Practice</td>
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<tr>
<td>07:30 PM-10:00 PM</td>
<td>Evening Open Swim</td>
<td>Recreation</td>
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### Recreation Center

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Label</th>
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<tbody>
<tr>
<td>07:15 AM-08:00 AM</td>
<td>Cycle 45 with Lais</td>
<td>Fitness Classes</td>
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<tr>
<td>09:30 AM-10:30 AM</td>
<td>Janine's 1:1 with Jen and Jake</td>
<td>Meeting</td>
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<tr>
<td>04:30 PM-05:15 PM</td>
<td>Barre with Kate</td>
<td>Fitness Classes</td>
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<td>05:00 PM-05:45 PM</td>
<td>305 with Rubyen</td>
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<td>05:30 PM-06:30 PM</td>
<td>Restorative Yoga with Lisa</td>
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<tr>
<td>06:00 PM-06:45 PM</td>
<td>Boxing with Meredith</td>
<td>Fitness Classes</td>
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<tr>
<td>06:00 PM-06:45 PM</td>
<td>Cycle 45 with Jenny</td>
<td>Fitness Classes</td>
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<tr>
<td>06:30 PM-07:15 PM</td>
<td>HIIT with Alex</td>
<td>Fitness Classes</td>
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<tr>
<td>08:30 PM-10:30 PM</td>
<td>Shakti</td>
<td>Student Organization</td>
</tr>
<tr>
<td>09:30 PM-11:30 PM</td>
<td>Zinda</td>
<td>Student Organization</td>
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### No group assigned

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<th>Description</th>
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<tbody>
<tr>
<td>07:00 AM-07:45 AM</td>
<td>F45 Cardio with Sandy</td>
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<td>12:00 PM-12:45 PM</td>
<td>F45 Cardio with Jen</td>
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<tr>
<td>05:15 PM-06:00 PM</td>
<td>F45 Cardio with Aiden</td>
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<td>06:15 PM-07:00 PM</td>
<td>F45 Cardio with Isabelle</td>
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## Tuesday, November 23, 2021

### Athletic Center

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<thead>
<tr>
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<tr>
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<td>Varsity Strength Training</td>
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<td>Title IX</td>
<td>Meeting</td>
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<tr>
<td>11:00 AM-12:00 PM</td>
<td>Men's Basketball Shootaround</td>
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<tr>
<td>12:00 PM-01:00 PM</td>
<td>Women's Basketball Shootaround</td>
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<td>12:00 PM-01:00 PM</td>
<td>Noon Hoops</td>
<td>Auxilary Gym</td>
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<td>DEI</td>
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<td>06:00 PM-08:00 PM</td>
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<td>Label</td>
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<td>Recreation</td>
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<td>305 with Crystal</td>
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<td>Vinyasa Flow with Amber</td>
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<td>Women's Basketball</td>
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<td>07:00 AM-09:00 AM</td>
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<td>Varsity Practice</td>
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<td>11:15 AM-02:00 PM</td>
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<td>02:00 PM-04:00 PM</td>
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<td>Varsity Practice</td>
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<td>04:00 PM-07:00 PM</td>
<td>Varsity Water Polo</td>
<td>Varsity Practice</td>
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| 07:30 PM-10:00 PM | Evening Open Swim         | Recreation             | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6,
<table>
<thead>
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<th>Date/Time</th>
<th>Description</th>
<th>Label</th>
<th>Names</th>
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<tbody>
<tr>
<td><strong>Recreation Center</strong></td>
<td></td>
<td>Aqua Competition Pool, Aqua Diving Pool</td>
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<tr>
<td>07:15 AM-08:00 AM</td>
<td>Cycle 45 with Lais</td>
<td>Fitness Classes</td>
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<td>01:00 PM-02:00 PM</td>
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<td>Athl/Rec</td>
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<td>Barre with Lisa</td>
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<td>Multipurpose Room B</td>
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<tr>
<td>05:00 PM-05:45 PM</td>
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<td>Mindful Yoga with Nila</td>
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<td>F45 Cardio with Jessica</td>
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<td><strong>Thursday, November 25, 2021</strong></td>
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<tr>
<td><strong>Athletic Center</strong></td>
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<tr>
<td>08:00 AM-08:01 AM</td>
<td>Women's Lacrosse</td>
<td>Varsity Strength Training</td>
<td>Starr Room (Former VWR)</td>
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<tr>
<td>09:00 AM-10:00 AM</td>
<td>XC/Mid-D</td>
<td>Varsity Strength Training</td>
<td>Starr Room (Former VWR)</td>
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<tr>
<td>12:00 PM-01:00 PM</td>
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<td>01:00 PM-02:00 PM</td>
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<td>Varsity Practice</td>
<td>Homewood Field</td>
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<tr>
<td><strong>Pool</strong></td>
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<tr>
<td>07:00 AM-09:00 AM</td>
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<td>Club Swimming</td>
<td>Recreation</td>
<td>Aqua Competition Lane 1, Aqua Competition Lane 2</td>
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<td>Kayak Clinic</td>
<td>Recreation</td>
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<td>Recreation</td>
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<td>Aqua Competition Pool, Aqua Diving Pool</td>
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<td>Bootcamp with Harold</td>
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<td>Zumba with Meg</td>
<td>Fitness Classes</td>
<td>Multipurpose Room A</td>
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<td>06:00 PM-06:45 PM</td>
<td>Cycle 45 with Honor</td>
<td>Fitness Classes</td>
<td>Program Room A</td>
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<tr>
<td>06:30 PM-07:15 PM</td>
<td>305 with Ryan</td>
<td>Fitness Classes</td>
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<tr>
<td>06:45 PM-07:45 PM</td>
<td>Yoga for Athletes</td>
<td>Fitness Classes</td>
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<tr>
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<td>Date/Time</td>
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</tr>
<tr>
<td>07:00 AM-07:45 AM</td>
<td>F45 Strength with Sandy</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
<tr>
<td>12:15 PM-01:00 PM</td>
<td>F45 Strength with Jen</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
<tr>
<td>05:15 PM-06:00 PM</td>
<td>F45 Strength with Jenny</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
<tr>
<td>06:15 PM-07:00 PM</td>
<td>F45 Strength with Isabelle</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
</tbody>
</table>

**Friday, November 26, 2021**

**Athletic Center**

06:15 AM-08:15 AM | MLax Post Fall Ball  | Varsity Strength Training | Starr Room (Former VWR)  
08:00 AM-10:00 AM | Women's Lacrosse     | Varsity Strength Training | Starr Room (Former VWR)  
12:00 PM-01:00 PM | Noon Hoops           | Auxiliary Gym            |                                      
01:30 PM-02:30 PM | Women's Tennis       | Varsity Strength Training | Kumin Room (Former Fencing Room)  
02:45 PM-04:00 PM | Football             | Meeting                  | Athletics Meeting Room            
04:45 PM-05:45 PM | Multis start early   | Varsity Strength Training | Kumin Room (Former Fencing Room)  
06:00 PM-07:00 PM | Men's Basketball     | Varsity Strength Training | Starr Room (Former VWR)  
07:00 PM-09:00 PM | Men's Basketball     | Varsity Practice         | Goldfarb Gym                    

**Fields**

08:00 AM-09:30 AM | Football             | Varsity Practice        | Homewood Field                      

**Pool**

06:00 AM-08:00 AM | Varsity Swimming     | Varsity Practice        | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6, Aqua Competition Pool, Aqua Diving Pool  
08:00 AM-10:00 AM | Morning Open Swim    | Recreation              | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6  
11:15 AM-02:00 PM | Afternoon Open Swim  | Recreation              | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6  
02:00 PM-04:00 PM | Varsity Swimming     | Varsity Practice        | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6  
04:00 PM-07:00 PM | Varsity Water Polo   | Varsity Practice        | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6, Aqua Competition Pool, Aqua Diving Pool  
07:30 PM-10:00 PM | Evening Open Swim    | Recreation              | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6, Aqua Competition Pool, Aqua Diving Pool  

**Recreation Center**

04:00 PM-04:45 PM | Beginner Yoga        | Fitness Classes         | Multipurpose Room B                  
04:00 PM-04:45 PM | Cycle 45 with Lais    | Fitness Classes         | Program Room A                       
04:30 PM-05:15 PM | HIIT with Alex        | Fitness Classes         | Multipurpose Room A                  
05:00 PM-05:45 PM | Barre with Nina       | Fitness Classes         | Multipurpose Room B                  
05:30 PM-06:15 PM | 305 with Ava          | Fitness Classes         | Multipurpose Room A                  
06:45 PM-08:45 PM | Modern                | Student Organization    | Multipurpose Room B                  

**No group assigned**

07:00 AM-07:45 AM | F45 Cardio with Sandy | Fitness Classes         | Program Room C                       
08:00 AM-08:45 AM | F45 Cardio with Chloe | Fitness Classes         | Program Room C                       
04:30 PM-05:15 PM | F45 Cardio with Stephanie R-T | Fitness Classes | Program Room C                     
05:30 PM-06:15 PM | F45 Cardio with Stephanie R-T | Fitness Classes | Program Room C                     

**Saturday, November 27, 2021**

**Athletic Center**

09:00 AM-09:01 AM | Women's Lacrosse      | Varsity Strength Training | Starr Room (Former VWR)  
10:00 AM-11:00 AM | Baseball              | Varsity Strength Training | Kumin Room (Former Fencing Room)  
12:00 PM-01:00 PM | Men's Tennis          | Varsity Strength Training | Kumin Room (Former Fencing Room)  
12:00 PM-02:00 PM | Men's Basketball      | Varsity Practice         | Goldfarb Gym                      

**Fields**

08:00 AM-12:00 PM | Varsity Swimming      | Varsity Practice        | Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6, Aqua Competition Pool, Aqua Diving Pool  

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Description</th>
<th>Label</th>
<th>Names</th>
</tr>
</thead>
<tbody>
<tr>
<td>02:00 PM-03:30 PM</td>
<td>Club Swimming</td>
<td>Recreation</td>
<td>Aqua Competition Lane 1, Aqua Competition Lane 2</td>
</tr>
<tr>
<td>02:00 PM-06:00 PM</td>
<td>Weekend Open Swimming</td>
<td>Recreation</td>
<td>Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6, Aqua Competition Pool, Aqua Diving Pool</td>
</tr>
</tbody>
</table>

**Recreation Center**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Label</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM-12:00 PM</td>
<td>Yoga with Annabel</td>
<td>Fitness Classes</td>
<td>Multipurpose Room B</td>
</tr>
<tr>
<td>01:00 PM-03:00 PM</td>
<td>SLAM</td>
<td>Student Organization</td>
<td>Multipurpose Room A</td>
</tr>
<tr>
<td>02:00 PM-02:45 PM</td>
<td>Cycle 45 with Mia</td>
<td>Fitness Classes</td>
<td>Program Room A</td>
</tr>
</tbody>
</table>

**Saturday Group**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Label</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM-10:45 AM</td>
<td>F45 Hollywood with Harold</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
<tr>
<td>11:00 AM-11:45 AM</td>
<td>F45 Hollywood with Harold</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
</tbody>
</table>

**Sunday, November 28, 2021**

**Athletic Center**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Label</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>02:00 PM-04:00 PM</td>
<td>MBB vs Lycoming</td>
<td>Varsity Game</td>
<td>Goldfarb Gym</td>
</tr>
<tr>
<td>05:00 PM-07:30 PM</td>
<td>Women's Basketball</td>
<td>Varsity Practice</td>
<td>Goldfarb Gym</td>
</tr>
</tbody>
</table>

**Fields**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Label</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>02:00 PM-06:00 PM</td>
<td>Weekend Open Swim</td>
<td>Recreation</td>
<td>Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6, Aqua Competition Pool, Aqua Diving Pool</td>
</tr>
<tr>
<td>06:00 PM-07:00 PM</td>
<td>Women Only Swim</td>
<td>Recreation</td>
<td>Aqua Competition Lane 1, Aqua Competition Lane 2, Aqua Competition Lane 3, Aqua Competition Lane 4, Aqua Competition Lane 5, Aqua Competition Lane 6, Aqua Competition Pool, Aqua Diving Pool</td>
</tr>
</tbody>
</table>

**Recreation Center**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Label</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM-11:00 AM</td>
<td>Yoga for Athletes</td>
<td>Fitness Classes</td>
<td>Multipurpose Room B</td>
</tr>
<tr>
<td>12:00 PM-01:00 PM</td>
<td>Yoga with Annabel</td>
<td>Fitness Classes</td>
<td>Multipurpose Room B</td>
</tr>
<tr>
<td>01:15 PM-02:00 PM</td>
<td>Barre with Nina</td>
<td>Fitness Classes</td>
<td>Multipurpose Room B</td>
</tr>
<tr>
<td>05:00 PM-05:45 PM</td>
<td>HIIT with Alex</td>
<td>Fitness Classes</td>
<td>Multipurpose Room A</td>
</tr>
<tr>
<td>06:00 PM-06:45 PM</td>
<td>305 with Ava</td>
<td>Fitness Classes</td>
<td>Multipurpose Room A</td>
</tr>
<tr>
<td>07:15 PM-08:30 PM</td>
<td>Ladybirds</td>
<td>Student Organization</td>
<td>Multipurpose Room A</td>
</tr>
<tr>
<td>07:30 PM-09:30 PM</td>
<td>Eclectics</td>
<td>Student Organization</td>
<td>Multipurpose Room B</td>
</tr>
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</table>

**No group assigned**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Label</th>
<th>Room</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 AM-11:45 AM</td>
<td>F45 Strength with Jessica</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
<tr>
<td>02:00 PM-02:45 PM</td>
<td>F45 with Stephanie R-T</td>
<td>Fitness Classes</td>
<td>Program Room C</td>
</tr>
</tbody>
</table>