

Fitness Center Fall 2018 Semester Hours & Closure Schedule

	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift	Open Lift	//////////	//////////	Ath. Lift Hours	Open Lift Hours
Mon.	6am-9am	9am-2pm	2pm-3pm	3pm-4pm	4pm-7pm	7pm-8pm	//////////	//////////	7 hrs	7 hrs
							//////////	//////////		
	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift Hours	Open Lift Hours
Tues.	6am-9am	9-11:30am	11:30-12:30	12:30-2pm	2pm-3pm	3pm-4pm	4pm-7pm	7pm-8pm	8 hrs	6 hrs
							//////////	//////////		
	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift Hours	Open Lift Hours
Wed.	6am-9am	9-11:30am	11:30-12:30	12:30-2pm	2pm-3pm	3pm-4pm	4pm-7pm	7pm-8pm	8 hrs	6 hrs
							//////////	//////////		
	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift	Open Lift	Ath. Lift Hours	Open Lift Hours
Thurs.	6am-7am	7am-8am	8am-9am	9-11:30am	11:30-12:30	12:30-4pm	4pm-7pm	7pm-8pm	6 hours	8 hrs
							//////////	//////////		
	Open Lift	//////////	//////////	//////////	//////////	//////////	//////////	//////////	29 Hours	Open Lift Hours
Fri.	11am-5pm	//////////	//////////	//////////	//////////	//////////	//////////	//////////		6 hrs
							//////////	//////////		
	Open Lift	//////////	//////////	//////////	//////////	//////////	//////////	//////////		Open Lift Hours
Sat.	11am-5pm	//////////	//////////	//////////	//////////	//////////	//////////	//////////		6 hours

Fitness Center is Open Mon.-Thurs. 6am - 8pm & Fri-Sat. 11am-5pm

*****Individuals can still come work out during Athletic Team Lifting, however it must be done upstairs only***** 39 Hours

*****Please do not remove equipment from downstairs and take it upstairs*****

*****There will be no access to the downstairs during an Athletic Team lift without being scheduled*****

<u>Athletic Team Lift</u>	<u>Open Lift</u>	<u>Closed or Changed Hours</u>
Wrestling Group 1 6am-7am	Men's Soccer	Aug. 27th - 29th 6am-8am & 6pm-8pm closed technique camp
Women's Basketball 7am-8am	Women's Soccer	Sept. 3rd, 2018 closed Labor Day
Women's Wrestling 7am-8am	Men's Lacrosse	Sept. 7th- 8th Upstairs only (court is closed VB Tournament)
Wrestling Group 2 8am-9am	Rodeo	Sept.11 Sexual Assault 7:30pm/Sept.19, Closed VB MSUN 7pm
Softball 11:30am -12:30pm	Golf	Oct.22-26th Fall Break Mon.-Thurs. 8am-6pm, Fri.-Sat.- 11-5pm
Volleyball 2pm-3pm	Cheer/Dance	Nov. 15th 6am-7pm WR / Nov. 22-24 closed Thanksgiving
Men's Basketball 4pm-5pm		Nov. 30th- Dec. 1st Upstairs only (Battle of the Rockies WR)
Men's & Women's Hockey 5pm-6pm		Dec. 10-14th Finals Week (NO TEAM LIFTING) normal hours
Track & Field 6pm-7pm		Dec.17th-21st 10am-6pm
		Dec. 24th-25th closed Christmas/Dec.26th-29th 10am-6pm
		Dec. 31st - Jan. 1st closed New Years

Fitness Center Fall Break Hours

Mon.	Ath. Lift	Open lift	Ath. Lift	//////////	//////////	Athl. Lift Hours	Open Lift Hours
Oct. 22nd	8am-12pm	12-5pm	5-6pm	//////////	//////////	5	5
//////////							
Tues.	Ath. Lift	Open Lift	Ath. Lift	//////////	//////////	Ath. Lift Hours	Open Lift Hours
Oct. 23rd	8am-12pm	12-5pm	5pm-6pm	//////////	//////////	5	5
//////////							
Wed.	Athl. Lift	Open Lift	Ath. Lift	Open Lift	//////////	Ath. Lift Hours	Open Lift Hours
Oct. 24th	8am-9am	9am-11am	11am-12p	12-6pm	//////////	2	8
//////////							
Thurs.	Ath. Lift	Open Lift	Ath. Lift	//////////	//////////	Ath. Lift Hours	Open Lift Hours
Oct. 25th	8am-12pm	12-5pm	5pm-6pm	//////////	//////////	5	5
//////////							
Fri.	Open Lift	//////////	//////////	//////////	//////////		Open Lift Hours
Oct. 26th	11am-5pm	//////////	//////////	//////////	//////////		6
//////////							
Sat.	Open Lift	//////////	//////////	//////////	//////////		Open Lift Hours
Oct. 27th	11am-5pm	//////////	//////////	//////////	//////////		6
						Athl. Total Hours	Open Total Hours
						17	35

Fitness Center is Open **Fall Break** Mon.-Thursday 8am-6pm & Fri.-Sat. 11am-5pm

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Please do not remove equipment from downstairs and take it upstairs

There will be no access to the downstairs during an Athletic Team lift without being scheduled

<u>Ath. Team Lift</u>	<u>Open Lift</u>
Wrestling Tues., & Thursday 8am-9am	M. Soccer
Women's Wrestling Mon., Wed. 8am-9am & Thursday 9-10am	W. Soccer
Volleyball Mon., Tuesday 9am-10am & Thursday 11am-12pm	Track/Field
Men's Basketball Mon-Tues., & Thursday 10am-11am	
Women's Basketball Mon. & Wed. 11am -12pm	
Men's & Women's Hockey Mon.-Tuesday, & Thursday 5pm-6pm	