

SPRING SEMESTER 2026 - RTC-SEISA FITNESS CENTER							
Timings	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6 00AM-7.30AM	ALL	ALL	ALL	ALL	ALL	ALL	ALL
7:30AM-9.00AM	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
4.00PM-5.30PM	ALL	ALL	ALL	ALL	ALL	ALL	ALL
5.30PM-7.00PM	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE
7.00PM-8.30PM	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE