

FALL SEMESTER 2026 - RTC-SEISA FITNESS CENTER							
Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
5:00– 6:00 AM	ALL	ALL	ALL	ALL	ALL	ALL	ALL
6:00 – 7:00 AM	MALE	MALE	MALE	MALE	MALE	MALE	MALE
7:00 – 9:00 AM	FEMALE	FEMALE	FEMALE	FEMALE	FEMALE	FEMALE	FEMALE
8:30-9:00 AM		Cleaning		Cleaning			
9:00 AM – 1:00 PM	ALL	ALL	ALL	ALL	ALL	ALL	ALL
1:00 – 5:00 PM	ALL	ALL	ALL	ALL	ALL	ALL	ALL
5:00 – 8:00 PM	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE