

CUMCSPORTS

July

DYP-Weight Room closed
 AOA- Gym closed
 Open Gym- All activity welcome
 Open Volleyball-Volleyball Only
 Open Basketball-Basketball Only

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>972-596-6073 www.cumcsports.com recreation@cumc.com</p>		<p>1 Open gym 5:30-8am & 4-9pm Yoga 9-10:30 AM KDO 1-4pm Pilates 6-7pm Circuits 7:30—8:30 pm</p>	<p>2Yoga Basics 9:15-10:45 AOA 10:30-11:30 KDO 1-4pm Open Gym 4-6pm Int. Yoga 6-7pm Tai Chi 7-8pm Prestige Volleyball 7:30-8:30 S Open Volleyball 7:00-9pm (N)</p>	<p>3Yoga 9am - 10:30am KDO 1-4pm Open Gym 4-6:30pm Men's Pick-up Basketball 7-9pm (gym) Beg. Yoga 7:00-8:00 pm Karate 7pm (s126) Circuits 7:30—8:30 pm</p>	<p>4 CLC Closed for Independence Day Men's Breakfast 6:30am</p>	<p>5 Balls & Bands Class 9:30-10:30am (s126) Open gym 10am-4pm</p>
<p>6 Attend Worship: 8:45, 9:45, 11:00, or 11:00 FC Open Gym (North) 3:30 - 8:00 pm Open Volleyball (South) 4-6:00pm</p>	<p>7 Art Camp 9am-12 (S209) Basketball Camp B3, 8:30-10:30 Body Sculpting 9-10am (s126) AOA 10:30 - 11:30am(gym) Yoga Basics 10:30-noon (s126) Open gym 12-5pm Int. Yoga 6-7pm (s126) Karate 7pm (location TBA) Coed Volleyball League 7-9pm Beg. Yoga 7:15-8:15pm (s126)</p>	<p>8 Open Gym 5:30-8am & 12-9pm Basketball Camp B3, 8:30-10:30 am gym Art Camp 9am-12 (S209) Yoga 9-10:30 AM(S126) Pilates 6-7pm (S126) Circuits 7:30—8:30 pm</p>	<p>9 Basketball Camp B3, 8:30-10:30 am gym Art Camp 9am-12 (S209) Yoga Basics 9:15-10:45 AOA 10:30-11:30 Open gym 12-6pm Int. Yoga 6-7pm Tai Chi 7-8pm Prestige Volleyball 7:30-8:30 S Open Volleyball 7:00-9pm (N)</p>	<p>10 No open gym or pickup bball due to Broadway café Basketball Camp B3, 8:30-10:30 Art Camp 9am-12 (S209) Yoga 9am - 10:30am (s126) Beg. Yoga 7:00-8:00 pm (s126) Karate 7pm (Location TBA) Circuits 7:30—8:30 pm (s126)</p>	<p>11 No open gym due to Broadway café Men's Breakfast 6:30am Basketball Camp B3, 8:30-10:30 am gym Art Camp 9am-12 (S209) AOA 10:30am - 11:30am</p>	<p>12 No Open gym (Broadway Café) Balls & Bands Class 9:30-10:30am (s126)</p>
<p>13 Attend Worship: 8:45, 9:45, 11:00, or 11:00 FC No Open Gym or Volleyball today due to Broadway Cafe</p>	<p>14 Body Sculpting 9-10(s126) Yoga Basics 10:30-noon (s126) AOA 1:30 - 2:30am(gym) Open gym 2:30-5pm Int. Yoga 6-7pm (s126) Karate 7pm (location TBA) Coed Volleyball League 7-9pm Beg. Yoga 7:15-8:15pm(s126)</p>	<p>15 Yoga 9-10:30 AM (S126) Open Gym 12-9PM Pilates 6-7pm (S126) Circuits 7:30—8:30 pm</p>	<p>16 Yoga Basics 9:15-10:45 (s126) AOA 1:30-2:30pm Open Gym 2-6:30pm Int. Yoga 6-7pm (s126) Tai Chi 7-8pm (s126) Prestige Volleyball 7:30-8:30 S Open Volleyball 7:00-9pm (N)</p>	<p>17 Yoga 9am - 10:30am(s126) Open Gym 12-6:30pm Men's Pick-up Basketball 7-9pm (gym) Beg. Yoga 7:00-8:00 pm(s126) Karate 7pm (location TBA) Circuits 7:30—8:30 pm(s126)</p>	<p>18 Men's Breakfast 6:30am AOA 1:30--2:30pm today</p>	<p>19 Balls & Bands Class 9:30-10:30am (s126) Open gym 10am-4pm</p>
<p>20 Attend Worship: 8:45, 9:45, 11:00, or 11:00 FC Open Gym (North) 3:30 - 8:00 pm Open Volleyball (South) 4-6:00pm</p>	<p>21 Open Gym 5:30-8am & 4:30-5:30pm Body Sculpting 9-10am AOA 10:30 - 11:30am(gym) Yoga Basics 10:30-noon Basketball Camp B4, 1-4pm Int. Yoga 6-7pm Karate 7pm (s126) Coed Volleyball League 7-9pm Beg. Yoga 7:15-8:15pm</p>	<p>22 Yoga 9-10:30 AM Basketball Camp B4, 1-4pm gym Open Gym 4-9PM Pilates 6-7pm Circuits 7:30—8:30 pm</p>	<p>23 Yoga Basics 9:15-10:45 AOA 10:30-11:30 Basketball Camp B4, 1-4pm gym Open Gym 4-6:30pm Int. Yoga 6-7pm Tai Chi 7-8pm Prestige Volleyball 7:30-8:30 S Open Volleyball 7:00-9pm (N)</p>	<p>24 Yoga 9am - 10:30am Basketball Camp B4, 1-4pm gym Open Gym 4-6:30pm Men's Pick-up Basketball 7-9pm (gym) Beg. Yoga 7:00-8:00 pm Karate 7pm (s126) Circuits 7:30—8:30 pm</p>	<p>25 Open Gym 5:30am-9:30am Men's Breakfast 6:30am AOA 10:30am - 11:30am Basketball Camp B4, 1-4pm gym</p>	<p>26 No Open gym today Balls & Bands Class 9:30-10:30am (loft) VASST Volleyball 9:30 Volleyball Positional Training-Defense 11am Volleyball Positional Training-Defense- 2pm</p>
<p>27 Attend Worship: 8:45, 9:45, 11:00, or 11:00 FC Open Gym (North) 3:30 - 8:00 pm Open Volleyball (South) 4-6:00pm</p>	<p>28 Open Gym 5:30-8:00am Body Sculpting 9-10am AOA 10:30 - 11:30am(gym) Yoga Basics 10:30-noon Basketball Camp B5, 1-4pm Dance Camp, 1-4pm Volleyball Camp 5-8pm Int. Yoga 6-7pm Karate 7pm (s126) Beg. Yoga 7:15-8:15pm</p>	<p>29 Open Gym 5:30-8AM Yoga 9-10:30 AM Basketball Camp B5, 1-4pm Dance Camp, 1-4pm Volleyball Camp 5-8pm Pilates 6-7pm Circuits 7:30—8:30 pm</p>	<p>30 Yoga Basics 9:15-10:45 AOA 10:30-11:30 Basketball Camp B5, 1-4pm Dance Camp, 1-4pm Volleyball Camp 5-8pm Int. Yoga 6-7pm Tai Chi 7-8pm Prestige Volleyball 7:30-8:30 S</p>	<p>31 Yoga 9am - 10:30am Basketball Camp B5, 1-4pm Dance Camp, 1-4pm Volleyball Camp 5-8pm(S gym) Men's Pick-up Basketball 7-9pm (North gym) Beg. Yoga 7:00-8:00 pm Karate 7pm (s126) Circuits 7:30—8:30 pm</p>	<p>Hours Monday-Thursday 5:30am-9:00pm Friday 5:30am-Noon Saturday 10:00am-4:00pm Sunday 3:30pm-8:00pm All fitness classes in CLC loft unless noted.</p>	