



WINTER/SPRING 2014

Schedule for **STADIUM**, **CONVO**, **G218**,
MEMORIAL, and **Godwin Bike**

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------|---|---|--|---|--|
| 6:00 | BASEBALL NG,Int Until Jan 27 | BASEBALL NG,Int Until Jan 28 | | BASEBALL NG,Int Until Jan 30 | |
| 7:00 | VOLLEYB NG,CC,Int | VOLLEYB NG,CC,Int CHEER 16 ER,Int | VOLLEYB NG,CC,Int | VOLLEYB NG,CC,Int CHEER 16 ER,Int | VOLLEYB NG,CC,Int |
| 8:00 | 8-9:30 WSOC GW,All Lift & Conditioning | 8-9:30 M SOC NG,CC,Int Lift & Conditioning KINSPIN Class :30-9:15 | 8-9:30 WSOC GW,All Lift & Conditioning | 8-9:30 M SOC NG,CC,Int Lift & Conditioning KINSPIN Class :30-9:15 | 8-9:30 WSOC GW,All Lift & Conditioning |
| 9:00 | W SOC GW,All | M SOCCER NG,CC,Int | W SOC GW,All KINSPIN Class :05-:55 | M SOCCER NG,CC,Int | W SOC GW,All KINSPIN Class :05-:55 |
| 10:00 | STAFF DEVELOPMENT CLOSED | CROSS COUNTRY CC | STAFF DEVELOPMENT CLOSED KINSPIN Class :10-:00 :45 CROSS COUNTRY CC | CROSS COUNTRY CC | STAFF DEVELOPMENT CLOSED KINSPIN Class :10-:00 |
| 11:00 | OPEN NG 30-12:30 SOFTBALL CC | OPEN CC,NG CHEER 16 ER,Int KINSPIN Class :30-:15 | OPEN NG 30-12:30 SOFTBALL CC Until 3/26 | OPEN CC,NG CHEER 16 ER,Int KINSPIN Class :30-:15 | OPEN NG 30-12:30 SOFTBALL CC Until Feb 5 |
| 12:00 | LUNCH CLOSED | LUNCH CLOSED | LUNCH CLOSED KINSPIN Class :20-:10 | LUNCH CLOSED | LUNCH CLOSED KINSPIN Class :20-:10 |
| 1:00 | OPEN CC,NG BASEBALL NG,Int Jan 27 on 1:30 BBALL GW,ER,Int | OPEN CC,NG 1:30 BBALL GW,ER,Int KINSPIN Class :00-:45 | OPEN CC,NG 1:30 BBALL GW,ER,Int | OPEN CC,NG 1:30 BBALL GW,ER,Int KINSPIN Class :00-:45 | OPEN CC,NG CROSS COUNTRY CC 1:30 BBALL GW,ER,Int |
| 2:00 | TRACK W CC,NG,Int :30 TRACK F CC,NG,Int | CHEER 10 ER,Int | :30 TRACK F CC,NG,Int :30 C COUNTRY CC,Int | CHEER 10 ER,Int | TRACK W CC,NG,Int :30 TRACK F CC,NG,Int |
| 3:00 | 3-4:15 WSOC8 CC,NG,Int Lift & Conditioning KINSPIN Class 3-3:45 | | 3-4:15 WSOC8 CC,NG,Int Lift & Conditioning | | 3-4:15 WSOC8 CC,NG,Int Lift & Conditioning |
| 4:00 | 4:00 BBALL GW,ER,Int :15 CROSS COUNTRY CC | 4:00 BBALL GW,ER,Int :30-5:30 SOFTB CC/NG Pre-Practice after 3/26 | 4:00 BBALL GW,ER,Int :30 MSOC Cond NG,CC,Int | 4:00 BBALL GW,ER,Int :30-5:30 SOFTB CC/NG Pre-Practice after Feb 5 | W TEN CC,NG,Int 4:00 BBALL GW,ER,Int :15 CROSS COUNTRY CC |
| 5:00 | M&W TEN CC,NG,Int | 5:00 TRACK CC,NG,Int CROSS COUNTRY CC :30 BASEBALL NG,Int Jan 28 on | M&W TEN CC,NG,Int CROSS COUNTRY CC | 5:00 TRACK CC,NG,Int CROSS COUNTRY CC :30 BASEBALL NG,Int Jan 30 on | M&W TEN CC,NG,Int |
| 6:00 | 7:00 KIN 425 | | | | |

Revised 01/12/14 athletes with class conflicts may schedule workouts between 11-12:00 and 1-2:00 in the Stadium only
(M&W Basketball, Baseball, M&W Cheer, W Cross Country, M&W Soccer, Softball, M&W Tennis, W Track, W Volleyball) **G218 used by KIN 8-2:30 M-F**