

# Multipurpose Activity Center (MAC)

March 12 - March 18

## Recreational Sports Scheduling Policy

In order to reduce risk of injury to patrons, to protect equipment and facilities and to provide opportunity for various activities, the courts will be programmed for various activities. The chart below shows the current programming schedule. ONLY activities on the programming chart will be permitted during each designated time. Those violating this policy will be asked to leave the Activity Center. This grid is subject to change during Intramural activities and/or reservations and/or special events.

Time	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Time
6am	CLOSED	Informal Conditioning (6am-9am)	Informal Conditioning (6am-8am)	Infor. Condit. (6-7:30am)	Informal Conditioning (6am-9am)	Infor. Condit. (6-9am)	CLOSED	6am
6:30am								6:30am
7am			7am					
7:30am			7:30am					
8am			8am					
8:30am	Informal Conditioning (9am-12pm)	Informal Football/ Frisbee (9am-11am)	Strength and Conditioning Drop In (8-10am)	Brazilian Jiu-Jitsu Club (7:30-9am)	Informal Soccer (9-11am)	Personal Trainer Meeting (7-8:30am)	Informal Conditioning (8am-9:45am)	8:30am
9am			9am					
9:30am			9:30am					
10am			10am					
10:30am			10:30am					
11am	Informal Soccer (12-2pm)	Informal Soccer (11am-5:15pm)	Informal Soccer (10am-12:30pm)	Informal Football/ Frisbee (9am-11am)	Informal Soccer (9-11am)	Informal Football/ Frisbee (8:30-11am)	HIIT (9:45-11am)	11am
11:30am								11:30am
12pm			12pm					
12:30pm			12:30pm					
1pm			1pm					
1:30pm	Jacob's Chance at VCU (2-4pm)	Informal Soccer (12:30-2:30pm)	Informal Soccer (11am-5:15pm)	Informal Soccer (11am-5:15pm)	Informal Soccer (1-2:45pm)	Informal Soccer (11am-2:30pm)	Informal Soccer (11am-3pm)	1:30pm
2pm								2pm
2:30pm								2:30pm
3pm								3pm
3:30pm								3:30pm
4pm	Informal Soccer (4-7pm)	Informal Soccer (2:30-4:45pm)	Informal Soccer (2:30-4:45pm)	Informal Soccer (2:30-4:45pm)	Stregth & Cond. (2:45-4:45pm)	Medic (2:30-4:45pm)	Informal Football/ Frisbee (3-5pm)	4pm
4:30pm								4:30pm
5pm								5pm
5:30pm								5:30pm
6pm								6pm
6:30pm	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Total Body Conditioning (5-6:15pm)	Informal Soccer (5pm-12am)	6:30pm
7pm								7pm
7:30pm								7:30pm
8pm								8pm
8:30pm								8:30pm
9pm	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	HEMA Club (6:30-9pm)	Informal Soccer (5pm-12am)	9pm
9:30pm								9:30pm
10pm								10pm
10:30pm								10:30pm
11pm								11pm
11:30pm	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Intramural Soccer (7pm-12am)	Special Event (9pm-12am)	Informal Soccer (5pm-12am)	11:30pm

Please contact Anthony Muscatello at [amuscatello@vcu.edu](mailto:amuscatello@vcu.edu) or 828-1702 with concerns/suggestions for this grid.