# Mind & Body Studio

**Jan 28 - Feb 3**

## 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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>THU</th>
<th>Fri</th>
<th>Sat</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>6am</td>
<td>CLOSED</td>
<td>Open Recreation (6am - 10am)</td>
<td>Vinyasa Yoga (6am-7:30am)</td>
<td>Open Recreation (6am - 7am)</td>
<td>Open Recreation (6am -7:30am)</td>
<td>Open Recreation (8am -12pm)</td>
<td>CLOSED</td>
<td>6am</td>
</tr>
<tr>
<td>6:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6:30am</td>
</tr>
<tr>
<td>7am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7am</td>
</tr>
<tr>
<td>7:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7:30am</td>
</tr>
<tr>
<td>8am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8am</td>
</tr>
<tr>
<td>8:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8:30am</td>
</tr>
<tr>
<td>9am</td>
<td>Open Recreation (9am-12am)</td>
<td></td>
<td>Barre (8am - 8:45am)</td>
<td>Open Recreation (8am -12pm)</td>
<td>Open Recreation (8:30am -12pm)</td>
<td></td>
<td></td>
<td>9am</td>
</tr>
<tr>
<td>9:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30am</td>
</tr>
<tr>
<td>10am</td>
<td>Vinyasa Yoga (10m - 11am)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mindful Yoga (10m - 11am)</td>
<td>10am</td>
</tr>
<tr>
<td>10:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:30am</td>
</tr>
<tr>
<td>11am</td>
<td></td>
<td>Pilates (12pm - 1:45pm)</td>
<td></td>
<td></td>
<td>Mindful Yoga (12m - 1pm)</td>
<td>Pilates (12pm - 12:45pm)</td>
<td></td>
<td>11am</td>
</tr>
<tr>
<td>11:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:30am</td>
</tr>
<tr>
<td>12pm</td>
<td></td>
<td>Open Recreation (9am -5pm)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12pm</td>
</tr>
<tr>
<td>12:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>12:30pm</td>
</tr>
<tr>
<td>1pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Mindful Yoga (12m - 1pm)</td>
<td>1pm</td>
</tr>
<tr>
<td>1:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Pilates (12pm - 12:45pm)</td>
<td>1:30pm</td>
</tr>
<tr>
<td>2pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2pm</td>
</tr>
<tr>
<td>2:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2:30pm</td>
</tr>
<tr>
<td>3pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3pm</td>
</tr>
<tr>
<td>3:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>3:30pm</td>
</tr>
<tr>
<td>4pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4pm</td>
</tr>
<tr>
<td>4:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4:30pm</td>
</tr>
<tr>
<td>5pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>5pm</td>
</tr>
<tr>
<td>5:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Open Recreation (5pm -7:15pm)</td>
<td>Pilates (5:30pm - 7:15pm)</td>
<td>Fitness Friday (5pm-6pm)</td>
<td>5:30pm</td>
</tr>
<tr>
<td>6pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6pm</td>
</tr>
<tr>
<td>6:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>6:30pm</td>
</tr>
<tr>
<td>7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7pm</td>
</tr>
<tr>
<td>7:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7:30pm</td>
</tr>
<tr>
<td>8pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8pm</td>
</tr>
<tr>
<td>8:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>8:30pm</td>
</tr>
<tr>
<td>9pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9pm</td>
</tr>
<tr>
<td>9:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>9:30pm</td>
</tr>
<tr>
<td>10pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10pm</td>
</tr>
<tr>
<td>10:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>10:30pm</td>
</tr>
<tr>
<td>11pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11pm</td>
</tr>
<tr>
<td>11:30pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>11:30pm</td>
</tr>
</tbody>
</table>

Please contact Jalen Upshaw at jaupshaw@vcu.edu or 827-3441 with concerns/suggestions for this grid.