

Fitness Center Time Schedule Spring 2026

Day TIME	Monday	Tuesday	Wednesday	Thursday	Friday
7:00	W - Soccer	W - Soccer	W - Soccer	W - Soccer	Open General Athletics Only 7:00am - 9:30am
7:30	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	7:00 - 9:00	
8:00					
8:30					
9:00					
9:30		General P.E 19 Physical Education		General P.E 19 Physical Education	
10:00	Track/Cross 9:00 - 11:00am	Only 9:00 - 10:15am	Track/Cross 9:00 - 11:00am	Only 9:00 - 10:15am	
10:30					
11:00	General P.E 15 Physical Education Only	Track/Cross 10:30 - 12:30pm	General P.E 15 Physical Education Only 11:00 - 12:15am	Track/Cross 10:30 - 12:30pm	
11:30	11:00 - 12:15am				
12:00					Track/Cross 10:00am - 12:00pm
12:30					
1:00					
1:30					
2:00					
2:30		Open General Staff		Open General Staff	Open General Staff 12:30 - 7:00pm
3:00	Open General Staff	12:30 - 4:30pm	Open General Staff	12:30 - 4:30pm	
3:30	12:30 - 7:00pm		12:30 - 7:00pm		
4:00					
4:30					
5:00		General P.E 15 Physical Education		General P.E 15 Physical Education	
5:30		Only 5:00 - 7:10pm		Only 5:00 - 7:10pm	
6:00					
6:30					
7:00					

Key

	General Physical Education Classes
	Open to Faculty and Staff Use (Must have current waiver on file)
	Closed for W. Soccer Use Only
	Closed for Cross/Track Use Only
	Closed for General Athletics Use Only

ALL MCC FACULTY AND STAFF USING THE FITNESS CENTER MUST HAVE A WAIVER COMPLETED AND ON FILE WITH ADMIN SERVICES. WAIVERS ARE AVAILABLE ON THE MCC WEBSITE.