



NEW YORK CITY COLLEGE OF TECHNOLOGY



Fall 2023 Recreation Schedule

Recreation begins September 5, 2023 and ends December 8, 2023



FITNESS CENTER (285 Jay St)

CIRCUIT TRAINING / CROSS FIT / ZUMBA

Monday	Open Recreation	11:00 am – 3:30 pm
Tuesday	Open Recreation	11:00 am – 4:00 pm
Wednesday	Open Recreation	11:00 am – 5:45 pm
Thursday	Open Recreation	11:00 am – 3:30 pm
Friday	Open Recreation	11:00 am – 1:00 pm



Unless otherwise indicated. See Recreation Schedule

GAME ROOM (285 Jay St)

Monday	Open Recreation	11:00 am – 3:00 pm
Tuesday	Open Recreation	11:00 am – 4:00 pm
Wednesday	Open Recreation	11:00 pm – 5:00 pm
Thursday	Open Recreation	11:00 am – 3:00 pm
Friday	Open Recreation	11:00 am – 1:00 pm



QUIET GAMES

Backgammon, Checkers, Chess, Dominos
Monday – Thursday 11:00 am – 3:00 pm

**RECREATION & INTRAMURAL OFFICE
LOCATED IN ROOM A-LL112**

ALL SCHEDULES SUBJECT TO CHANGE