



# NEW YORK CITY COLLEGE OF TECHNOLOGY



## Spring 2020 Recreation Schedule

Recreation begins January 27, 2020 and ends May 14, 2020



### FITNESS CENTER (285 JAY ST)

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

*Unless otherwise indicated. See Recreation Schedule*



### CIRCUIT TRAINING / CROSS FIT

Monday	Open Recreation	11:00 am – 3:00 pm
Tuesday	Open Recreation	11:00 am – 3:00 pm
Wednesday	Open Recreation	2:00 pm – 6:00 pm
Thursday	Open Recreation	11:00 am – 3:00 pm



Friday 11:00 am – 1:00 pm

### QUIET GAMES

Backgammon, Checkers, Chess, Dominos  
Monday – Friday 11:00 am – 4:00 pm



**RECREATION & INTRAMURAL OFFICE  
LOCATED IN ROOM LG32**

ALL SCHEDULES SUBJECT TO CHANGE