



Kroehler Family Gym Schedule

Effective 1/8/18

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-8:30AM	<u>OPEN GYM</u> 5:00AM-10:30AM	<u>OPEN GYM</u> 10:00AM-5:45PM
<u>ZUMBA</u> 8:30-9:30AM	<u>DANCE FUSION</u> 8:30AM-9:30AM	<u>ZUMBA</u> 8:30AM-9:30AM	<u>DANCE FUSION</u> 8:30AM-9:30AM	<u>TAI CHI</u> 8:45AM-9:30AM		
<u>SILVER SNEAKERS</u> 9:35AM-10:45AM		<u>SILVER SNEAKERS</u> 9:35AM-10:45AM	<u>OPEN GYM</u> 9:30AM-5:45PM	<u>SILVER SNEAKERS</u> 9:35AM-10:45AM	<u>TEAMMATES</u> 10:45AM-11:30AM	
<u>OPEN GYM</u> 10:35AM-11:45AM	<u>OPEN GYM</u> 9:35AM-6:45PM	<u>OPEN GYM</u> 10:35AM-11:45AM		<u>OPEN GYM</u> 10:30AM-11:45AM		
<u>MEN'S BASKETBALL</u> 12:00PM-2:00PM		<u>MEN'S BASKETBALL</u> 12:00PM-2:00PM		<u>MEN'S BASKETBALL</u> 12:00PM-2:00PM		
<u>OPEN GYM</u> 2:00PM-5:45PM		<u>OPEN GYM</u> 2:00PM-6:45PM	<u>FUN FIT FAMILY</u> 6:00PM-7:00PM <u>EXTREME STRENGTH</u> 7:05PM-8:05PM	<u>OPEN GYM</u> 2:00PM-4:45PM	<u>OPEN GYM</u> 11:45AM-5:45PM	
<u>YBL PRACTICE</u> 6:00PM-8:00PM	<u>EXTREME STRENGTH</u> 7:05pm-8:05pm	<u>BB SKILLS</u> 7:00PM-8:00PM	<u>YBL PRACTICE</u> 8:00PM-9:00PM	<u>YBL OR FAM FRI</u> 6:00PM-8:00PM		
<u>OPEN GYM</u> 8:00PM-9:30PM	<u>OPEN GYM</u> 8:10PM-9:30PM	<u>OPEN GYM</u> 8:00PM-9:30PM	<u>OPEN GYM</u> 9:00PM-9:30PM	<u>OPEN GYM</u> 8:00PM-9:30PM		