



# Kroehler Family Gym Schedule

Effective  
11/3/2017

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL 2017

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-9:45AM	<u>OPEN GYM</u> 10:00AM-5:45PM
<u>ZUMBA</u> 8:30AM-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>OPEN GYM</u> 9:30AM-6:45PM	<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>EXTREME STRENGTH</u> 10:00-11:00AM	
<u>EXTREME STRENGTH</u> 10:45AM-11:45AM		<u>OPEN GYM</u> 10:35AM-11:45AM		<u>OPEN GYM</u> 10:30AM-11:45PM	<u>OPEN GYM</u> 11:00AM-9:15PM	
<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-4:45PM		
<u>BB SKILLS</u> 6:00PM-7:00PM						
<u>VB SKILLS</u> 7:00PM-8:00PM	<u>EXTREME STRENGTH</u> 7:10pm-8:10pm	<u>BB SKILLS</u> 7:00PM-8:00PM	<u>FUN FIT FAMILY</u> 6:00PM-7:00PM  <u>EXTREME STRENGTH</u> 7:10PM-8:10PM	5-6pm BB practice  <u>6-7 open GYM</u>  7-8pm BB practice		
<u>OPEN GYM</u> 8:00PM-9:15PM	<u>OPEN GYM</u> 8:10PM-9:15PM	<u>OPEN GYM</u> 8:00PM-9:15PM	<u>OPEN GYM</u> 8:10PM-9:15PM	RESERVED FOR <u>FAMILY FRIDAY</u> 5PM-9:45PM		