



Kroehler Family Gym Schedule

Effective 9/10/18

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall 1 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-9:45 AM	<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-10:35AM		<u>SILVER SNEAKERS</u> 9:35AM-10:35AM		<u>SILVER SNEAKERS</u> 9:35AM-10:35AM	<u>CARDIO STRENGTH</u> 10:00AM-11:00AM	
<u>OPEN GYM</u> 10:45AM-11:45AM	<u>OPEN GYM</u> 9:35AM-6:45PM	<u>OPEN GYM</u> 10:45AM-11:45AM	<u>OPEN GYM</u> 9:30AM-5:00PM	<u>OPEN GYM</u> 10:45AM-11:45AM	<u>OPEN GYM</u> 11:15AM-5:45PM	
<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-6:20PM		<u>Basketball Practice</u> 6:00-7:00pm	<u>FUN FIT FAMILY</u> 6:00-7:00pm	<u>OPEN GYM</u> 2:00PM-5:45PM		
<u>Open Pickleball</u> 6:30PM-8:00PM	<u>EXTREME STRENGTH</u> 7:05pm-8:05pm	<u>BB SKILLS</u> 7:00-8:00pm	<u>EXTREME STRENGTH</u> 7:05PM-8:05PM	<u>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> 8:10PM-9:30PM	<u>OPEN GYM</u> 8:10PM-9:30PM	<u>OPEN GYM</u> 8:00PM-9:30PM		