



# Kroehler Family Gym Schedule

Effective 10/29/18

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Fall 2 2018

| MONDAY                                      | TUESDAY                                  | WEDNESDAY                                 | THURSDAY                                 | FRIDAY                                      | SATURDAY                          | SUNDAY                            |
|---|--|---|--|---|-----------------------------------|-----------------------------------|
| <u>OPEN GYM</u><br>5:00AM-8:30AM            | <u>OPEN GYM</u><br>5:00AM-8:30AM         | <u>OPEN GYM</u><br>5:00AM-8:30AM          | <u>OPEN GYM</u><br>5:00AM-8:30AM         | <u>OPEN GYM</u><br>5:00AM-8:30AM            | <u>OPEN GYM</u><br>5:00AM-5:45 PM | <u>OPEN GYM</u><br>10:00AM-5:45PM |
| <u>ZUMBA</u><br>8:30-9:30AM                 | <u>DANCE FUSION</u><br>8:30AM-9:30AM     | <u>ZUMBA</u><br>8:30AM-9:30AM             | <u>DANCE FUSION</u><br>8:30AM-9:30AM     | <u>ROCKBAND</u><br>8:30AM-9:30AM            |                                   |                                   |
| <u>SILVER SNEAKERS</u><br>9:35AM-10:35AM    | <u>CORE EXPRESS</u><br>9:35AM-10:20AM    | <u>SILVER SNEAKERS</u><br>9:35AM-10:35AM  |  | <u>SILVER SNEAKERS</u><br>9:35AM-10:35AM    |                                   |                                   |
| <u>OPEN GYM</u><br>10:45AM-11:45AM          | <u>OPEN GYM</u><br>10:30AM-6:45PM        | <u>OPEN GYM</u><br>10:45AM-11:45AM        | <u>OPEN GYM</u><br>9:30AM-5:45PM         | <u>OPEN GYM</u><br>10:45AM-11:45AM          |                                   |                                   |
| <u>MEN'S BASKETBALL</u><br>12:00PM-2:00PM   |  | <u>MEN'S BASKETBALL</u><br>12:00PM-2:00PM |  | <u>MEN'S BASKETBALL</u><br>12:00PM-2:00PM   |                                   |                                   |
|   |  |   |  |   |                                   |                                   |
| <u>OPEN GYM</u><br>2:00PM-5:45PM            |  | <u>Basketball Practice</u><br>6:00-7:00pm | <u>FUN FIT FAMILY</u><br>6:00PM-7:00PM   | <u>OPEN GYM</u><br>2:00PM-5:45PM            |                                   |                                   |
| <u>Basketball Practice</u><br>6:00PM-8:00PM | <u>EXTREME STRENGTH</u><br>7:05pm-8:05pm | <u>BB SKILLS</u><br>7:00-8:00pm           | <u>EXTREME STRENGTH</u><br>7:05PM-8:05PM | <u>Basketball Practice</u><br>6:00PM-8:00PM |                                   |                                   |
| <u>OPEN GYM</u><br>8:00PM-9:30PM            | <u>OPEN GYM</u><br>8:10PM-9:30PM         | <u>OPEN GYM</u><br>7:35PM-9:30PM          | <u>OPEN GYM</u><br>8:10PM-9:30PM         | <u>OPEN GYM</u><br>8:00PM-9:30PM            |                                   |                                   |