



Kroehler Family Gym Schedule

Effective 3/19/18

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING 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-5:45 PM | <u>OPEN GYM</u> 5:00PM-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>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>VOLLEYBALL SKILLS</u> 6:00PM-8:00PM | <u>EXTREME STRENGTH</u> 7:05pm-8:05pm | <u>BB SKILLS</u> 7:00PM-8:00PM | | <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> 8:10PM-9:30PM | <u>OPEN GYM</u> 8:00PM-9:30PM | | |