



# GYM Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN GYM</b> 5:30 – 7:30 am Full Gym	<b>OPEN GYM</b> 5:30 – 8:15 am Full Gym	<b>OPEN GYM</b> 5:30 – 9:30 am Full Gym	<b>OPEN GYM</b> 5:30 – 8:15 am Full Gym	<b>OPEN GYM</b> 5:30 – 7:30 am Full Gym	Open 8:00 am	Open 1:00 pm
<b>Pickleball</b> 7:30 – 9:30 am Full Gym	<b>GYM CLOSED</b> <b>Class Set-Up</b> 8:15 – 8:30 am	<b>GYM CLOSED</b> <b>Class Set-Up</b> 9:30 – 9:45 am	<b>GYM CLOSED</b> <b>Class Set-Up</b> 8:15 – 8:30 am	<b>Pickleball</b> 7:30 – 9:30 am Full Gym		
<b>GYM CLOSED</b> <b>Class Set-Up</b> 9:30 – 9:45 am	<b>TRX Training*</b> 8:30 – 9:30 am Full Gym	<b>GYM CLOSED</b> <b>Class Set-Up</b> 9:30 – 9:45 am	<b>TRX Training*</b> 8:30 – 9:30 am Full Gym	<b>GYM CLOSED</b> <b>Class Set-Up</b> 9:30 – 9:45 am	<b>OPEN GYM</b> 8:00 am - 7:00 pm Full Gym	<b>Common Ground</b> 12:30 - 3:00 pm Court B
<b>Body Sculpt*</b> 9:45 – 10:25 am Full Gym	<b>Pickleball</b> 9:45 – 11:45 am Full Gym	<b>Body Sculpt*</b> 9:45 – 10:25 am Full Gym	<b>Pickleball</b> 9:45 – 11:45 am Full Gym	<b>Body Sculpt*</b> 9:45 – 10:25 am Full Gym		
<b>Stretching 101*</b> 10:30 – 11:00 am Full Gym		<b>Stretching 101*</b> 10:30 – 11:00 am Full Gym		<b>Stretching 101*</b> 10:30 – 11:00 am Full Gym		
<b>Zumba*</b> 11:05 – 11:45 am Full Gym	<b>PUMPI*</b> 12:10 – 1:00 pm Full Gym	<b>Zumba*</b> 11:05 – 11:45 am Full Gym	<b>PUMPI*</b> 12:10 – 1:00 pm Full Gym	<b>Zumba*</b> 11:05 – 12:00 pm Full Gym		
<b>Kroc Corps Bootcamp*</b> 12:00 – 1:00 pm Full Gym		<b>Kroc Corps Bootcamp*</b> 12:00 – 1:00 pm Full Gym		<b>Kroc Corps Bootcamp*</b> 12:00 – 1:00 pm Full Gym		
<b>Quicksilver*</b> 1:15-2:15 pm Full Gym	<b>GYM CLOSED</b> <b>Cleaning</b> 1:00 - 1:15 pm	<b>Quicksilver*</b> 1:15-2:15 pm Full Gym	<b>GYM CLOSED</b> <b>Cleaning</b> 1:00 - 1:15 pm	<b>Quicksilver*</b> 1:15-2:15 pm Full Gym		
<b>OPEN GYM</b> 2:15 - 5:00 pm	<b>Boys &amp; Girls Club</b> 2:00 – 3:00 pm Court B	<b>OPEN GYM</b> 2:15 - 5:00 pm	<b>Boys &amp; Girls Club</b> 2:00 – 3:00 pm Court B	<b>OPEN GYM</b> 2:15 – 3:15 pm		
<b>Boys &amp; Girls Club</b> 2:15 - 3:15 pm 4:00 – 5:00 pm Court B	<b>OPEN GYM</b> 1:15 – 5:00 pm	<b>Boys &amp; Girls Club</b> 2:15 - 3:15 pm Court B	<b>Boys &amp; Girls Club</b> 4:00 – 5:00 pm Court B	<b>Boys &amp; Girls Club</b> 2:15 - 3:15 pm Court B		
	<b>Boys &amp; Girls Club</b> 4:00 – 5:00 pm Court B			<b>Boys &amp; Girls Club</b> 4:00 – 5:00 pm Court B		
<b>TRX Training*</b> 5:00 – 5:45 pm Full Gym	<b>OPEN GYM</b> 5:00 – 7:30 pm Full Gym	<b>TRX Training*</b> 5:00 – 5:45 pm Full Gym	<b>Boys &amp; Girls Club</b> 4:00 – 5:00 pm Court B	<b>OPEN GYM</b> 3:15 - 10:00 pm		
<b>GYM CLOSED</b> <b>Cleaning</b> 5:45 – 6:00 pm		<b>GYM CLOSED</b> <b>Cleaning</b> 5:45 – 6:00 pm				
<b>K-30*</b> 6:00 – 6:30 pm Court A		<b>K-30*</b> 6:00 – 6:30 pm Court A				
<b>OPEN GYM</b> 6:00 – 6:45 pm Court B		<b>OPEN GYM</b> 6:00 - 8:00pm Full Gym				
<b>OPEN GYM</b> 6:45 - 10:00pm Full Gym		<b>OPEN GYM</b> 8:00 – 10:00 pm				
	<b>Young Adult Night</b> <b>Volleyball</b> 7:15-10:00 pm Free: Ages 18-35				<b>OPEN GYM</b> 3:00 – 7:00 pm Full Gym Full Gym	<b>OPEN GYM</b> 1:00 – 3:00 pm Court A
					Close 8:00 pm	Close 7:00 pm

Spring Hours: Monday-Friday 5:30am-9:00pm. Saturday 8:00am-7:00pm. Sunday 1:00pm-6:00pm.

Effective: May 4, 2017

\*Denotes Fitness Class

Court A (West): Closest End

Court B (East): Farthest End

Gym subject to closures throughout the year. Closure dates and times will be posted on Gym Doors and facebook.com/KerrvilleKrocSports