



GYM Schedule

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

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

Effective: October 16, 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

****When gym is unused by Sport Leagues, Open Gym will be in effect.**

Contact Kroc Center Welcome Desk (830-315-5762) for Sport League times, dates, etc.