



GYM Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
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 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	Sport Leagues ** or Open Gym 8:00 am - 3:00 pm		
Sculpt * 9:45 – 10:25 am Gym	Pickleball 9:45 – 11:45 am Full Gym	Sculpt * 9:45 – 10:25 am Full Gym	Pickleball 9:45 – 11:45 am Full Gym	Sculpt * 9:45 – 10:25 am Full Gym			
Stretching * 10:30 – 11:00 am Full Gym		Stretching * 10:30 – 11:00 am Full Gym		Stretching * 10:30 – 11:00 am Full Gym			
Zumba * 11:05 – 11:55 am Full Gym		Zumba * 11:05 – 11:55 am Full Gym		Zumba * 11:05 – 11:55 am Full Gym			
Bootcamp * 12:10-12:50 pm Full Gym		Bootcamp * 12:10-12:50 pm Full Gym		Bootcamp * 12:10 – 12:50 pm Full Gym			
Quicksilver* 1:15-2:15 pm Full Gym	Heavy Ropes + 12:10 – 1:00 pm Full Gym	Quicksilver* 1:15-2:15 pm Full Gym	Heavy Ropes + 12:10 – 1:00 pm Full Gym	Quicksilver* 1:15-2:15 pm Full Gym	Open Gym 1:00-6:00 pm		
OPEN GYM 2:30 – 4:00 pm Full Gym	GYM CLOSED Cleaning 1:00 - 1:15 pm	OPEN GYM 2:30 – 4:00 pm Full Gym	GYM CLOSED Cleaning 1:00 - 1:15 pm	OPEN GYM 3:00 pm - 7:00 pm Full Gym			
4:00 - 4:55 pm Court A	Kroc Basketball Team Practice 2:00-4:00 pm Full Gym	4:00 - 4:55 pm Court A	Kroc Basketball Team Practice 2:00-4:00 pm Full Gym				
Boys & Girls Club 4:00 – 5:00 pm Court B	OPEN GYM 1:15 – 5:00 pm Full Gym	Boys & Girls Club 4:00 – 5:00 pm Court B	Boys & Girls Club 4:00 – 4:30 pm Court B				
TRX Training* 5:00 – 5:45 pm Full Gym		TRX Training* 5:00 – 5:45 pm Full Gym	SPORT LEAGUES ** 5:00 – 9:00 pm Full Gym			OPEN GYM 1:15-5:00 pm Court A	
	GYM CLOSED Cleaning 5:45 – 6:00 pm	GYM CLOSED Cleaning 5:45 – 6:00 pm				SPORT LEAGUES ** 5:00 – 9:00 pm Full Gym	
K-30* 6:00 – 6:30 pm Full Gym	OR	K-30* 6:00 – 6:30 pm Court A	OR				
Sport Leagues ** or OPEN GYM 6:30-9:00 pm Full Gym	OPEN GYM 5:00 – 7:30 pm Full Gym	SPORT LEAGUES ** or OPEN GYM 6:30-9:00 pm Full Gym	OPEN GYM 5:00 – 9:00 pm Full Gym			OPEN GYM 2:30 – 9:00 pm Full Gym	
	Young Adult Night Volleyball 7:30-9:00 pm Free: Ages 18-35						
							Close 7:00 pm

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

Effective: January 2, 2018

*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.