



# GYM Schedule

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

Summer Hours: Monday-Friday 5:30am-10:00pm. Saturday 8:00am-8:00pm. Sunday 1:00pm-7:00pm.

Effective: October 3, 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.