



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 | | | | |
| 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 | Pickleball 9:30 am - 11:30 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 – 1:00 pm Full Gym | Bootcamp * 12:10-12:50 pm Full Gym | Bootcamp* 12:10 – 1:00 pm Full Gym | Bootcamp * 12:10 – 12:50 pm Full Gym | OPEN GYM 1:00 pm - 7:00 pm Full Gym | | | |
| Quicksilver* 1:15-2:15 pm Full Gym | GYM CLOSED Cleaning 1:00 - 1:15 pm | Quicksilver* 1:15-2:15 pm Full Gym | GYM CLOSED Cleaning 1:00 - 1:15 pm | Quicksilver* 1:15-2:15 pm Full Gym | | | | |
| OPEN GYM 2:30 – 4:00 pm Full Gym | OPEN GYM 1:15-2:00 pm Full Gym | OPEN GYM 2:30 – 4:00 pm Full Gym | OPEN GYM 1:15-2:00 pm Full Gym | OPEN GYM 2:30 – 9:00 pm Full Gym | | | | |
| Boys & Girls Club 4:00 – 5:00pm Court B | Kroc Basketball 2:00-4:00 pm Full Gym | Boys & Girls Club 4:00 – 4:30 pm Court B | Kroc Basketball 2:00-4:00 pm Full Gym | | | | | |
| TRX Training * 5:00 – 5:45 pm Full Gym | Open Gym 4:00 – 5:00 pm Court A | TRX Training * 5:00 – 5:45 pm Full Gym | Boys & Girls Club 4:00 – 5:00 pm Court B | | | | | |
| GYM CLOSED Cleaning 5:45 – 6:00 pm | SPORT LEAGUES ** 5:00 – 7:30 pm Full Gym OR OPEN GYM 5:00 – 7:30 pm Full Gym | GYM CLOSED Cleaning 5:45 – 6:00 pm | SPORT LEAGUES ** 5:00 – 9:00 pm Full Gym OR OPEN GYM 5:00 – 9:00 pm Full Gym | | | | | |
| Sport Leagues ** or OPEN GYM 6:00-9:00 pm Full Gym | Young Adult Night Volleyball 7:30-9:00 pm Free: Ages 18-35 | SPORT LEAGUES ** or OPEN GYM 6:00-9:00 pm Full Gym | OPEN GYM 5:00 – 9:00 pm Full Gym | | | | | |

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

Effective: December 10, 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.