

Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND
Studio Closed 5:30-8:15 AM	Studio Closed 5:30-8:00 am	Studio Closed 5:30-8:15 AM	Studio Closed 5:30-8:00 am	Studio Closed 5:30-8:15 AM	SATURDAY Studio Closed 8:00-8:45 am
Indoor Cycling 8:30-9:30 am Elizabeth	Indoor Cycling 8:15-9:00 am Denise	Indoor Cycling 8:30-9:30 am Elizabeth	Indoor Cycling 8:15-9:00 am Denise	Indoor Cycling 8:30-9:30 am Cate	ABS W/ Glutes 9:00-9:45 am Dan
# Kickboxing 9:45-10:45 am Sarah S.	Funtastic 9:15-10:00 am Denise	# Kickboxing 9:45-10:45 am Sarah S.	Funtastic 9:15-10:00 am Denise	# Kickboxing 9:45-10:45 am Sarah S.	# Zumba 10:00-11:00 am Luisa
Yoga 11:00-12:15 pm Lynn	Studio Closed 10:15-10:45 am	Vinyasa Flow Yoga 11:00-12:00 pm Kristen	Studio Closed 10:15-10:45 am	Vinyasa Flow Yoga 11:00-12:00 pm Lynn	Studio Closed 11:15-6:00 pm
Studio Closed 12:15-1:45 pm	Yoga 11:00-12:00 pm Corinne	Studio Closed 12:15-1:45 pm	Yoga 11:00-12:00 pm Corinne	Studio Closed 12:15-8:00 pm	SUNDAY Studio Closed 1:00-1:45 pm
Tai Chi Balance 1:00-1:45 pm Melody	Chair Yoga 12:15-1:15 pm Judy	Tai Chi Balance 1:00-1:45 pm Melody	Chair Yoga 12:15-1:15 pm Judy		Zumba 2:00-3:00 pm Luisa
Studio Closed 2:00-8:00 pm	Closed Studio 1:30-4:45 pm	Studio Closed 2:00-8:00 pm	Closed Studio 1:30-4:45 pm		Studio Closed 3:15-5:00 pm
	Tabata 5:00-6:00 pm Kelli		Myofascial Training 5:15-6:15 pm Jency		
	AB Attack 6:45-7:15 pm Dan		AB Attack 6:45-7:15 pm Dan		
	Studio Closed 8:00 PM		Studio Closed 8:00 PM		

CLASS SCHEDULE IS SUBJECT TO PERIODIC CHANGES WITHOUT ADVANCED NOTICE.



**KROC
KERRVILLE**

Pool Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water Aerobics 11:00-12:00 pm Edie	Water Aerobics 11:00-12:00 pm Melody	Water Aerobics 11:00-12:00 pm Elizabeth	Water Aerobics 11:00-12:00 pm Melody	Water Aerobics 11:00-12:00 pm Edie

Gym Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SCULPT 9:45-10:45 am Corinne	Cardio Fusion 6:00-6:45 am Jennifer	SCULPT 9:45-10:45 am Corinne	Cardio Fusion 6:00-6:45 am Jennifer	SCULPT 9:45-10:45 am Jennifer
BOOT CAMP 12:10-12:50 pm Dan	TRX 8:30-9:30 am Jennifer	BOOT CAMP 12:10-12:50 pm Dan	TRX 8:30-9:30 am Jennifer	QUICKSILVER 1:15-2:15 pm Melody
QUICKSILVER 1:15-2:15 pm Jennifer		QUICKSILVER 1:15-2:15 pm Jennifer		
TRX 5-5:45 pm Kelli		TRX 5-5:45 pm Kelli		

(All outside classes are weather permitting)
These classes may be inside, outside, or a mix of the two.