

KROC GYM SCHEDULE

JANUARY THROUGH APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 5:30 to 8:30 am Full Gym	Open Gym 5:30 to 7:00 am Court A	Open Gym 5:30 to 8:30 am Full Gym	Open Gym 5:30 to 7:00 am Court A	Open Gym 5:30 to 8:30 am Full Gym	Open Gym 8:00 to 6:50 pm Full Gym
	Closed for Cleaning 7:00 to 8:00 am Full Gym		Closed for Cleaning 7:00 to 8:00 am Full Gym		
LES MILLS BODYPUMP 9:00 to 9:45 am Desiree - Court A	TRX 8:00 to 8:45 am Desiree - Full Gym	LES MILLS BODYPUMP 9:00 to 9:45 am Desiree - Court A	TRX 8:00 to 8:45 am Elizabeth - Full Gym	LES MILLS BODYPUMP 9:00 to 9:45 am Paige - Court A	
Open Gym 10:00 to 11:45 am Full Gym	LES MILLS GRIT 9:00 to 9:30 am Desiree - Court A	Open Gym 10:00 to 11:45 am Full Gym	LES MILLS GRIT 9:00 to 9:30 am Desiree - Court A	Open Gym 10:00 to 11:45 am Full Gym	
	Pickleball 9:45 to 11:45 am Court B		Pickleball 9:45 to 11:45 am Court B		
Gym Closed 11:45 to 12:00 pm Class Setup		Gym Closed 11:45 to 12:00 pm Class Setup		Gym Closed 11:45 to 12:00 pm Class Setup	
Circuit Training 12:00 to 12:45 pm Desiree - Full Gym	Open Gym 11:45 to 4:30 pm Full Gym	Circuit Training 12:00 to 12:45 pm Desiree - Full Gym	Open Gym 11:45 to 4:30 pm Full Gym	Circuit Training 12:00 to 12:45 pm Desiree - Full Gym	
Open Gym 1:00 to 4:30 pm Full Gym		Open Gym 1:00 to 4:30 pm Full Gym		Open Gym 1:00 to 4:30 pm Full Gym	
Open Gym 4:30 to 5:30 pm Court A	Open Gym 4:30 to 6:30 pm Court A	Open Gym 4:30 to 5:15 pm Court A	Open Gym 4:30 to 5:30 pm Court A	Open Gym 4:30 to 6:30 pm Court A	
Boys and Girls Club 4:30 to 5:30 pm Court B	Boys and Girls Club 4:30 to 5:30 pm Court B	Boys and Girls Club 4:30 to 5:15 pm Court B	Boys and Girls Club 4:30 to 5:30 pm Court B	Boys and Girls Club 4:30 to 6:30 pm Court B	
Adult Pick-up Basketball 5:30 to 8:50 pm Full Gym	Adult Volleyball 6:30 to 8:50 pm Full Gym	Open Gym 5:30 to 8:50 pm Full Gym	Open Gym 5:30 to 8:50 pm Full Gym	Open Gym 6:30 to 8:50 pm Full Gym	
Closed 8:50 pm	Closed 8:50 pm	Closed 8:50 pm	Closed 8:50 pm	Closed 8:50 pm	

Closed
6:50 pm

[Click here for more information!](#)

Times without closures or programming listed are considered additional Open Gym times.

Gym subject to closures throughout the year.
Additional dates & times will be posted on gym doors.