<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycle with Mel 5:45am–6:30am</td>
<td>Bootcamp with Mel 5:45am–6:30am</td>
<td>Cycle with Mel 5:45am–6:30am</td>
<td>Bootcamp with Mel 5:45am–6:30am</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids Klimb with Simon 6:30am–7:30am Ages 7-13</td>
<td>Aqua Bootcamp with Mel 7:30am–8:15am</td>
<td>Aqua Bootcamp with Mel 7:30am–8:15am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>BodyPump® with Sarah V. 8:30am–9:30am</td>
<td>Cycle with Mel 8:30am–9:15am</td>
<td>BodyPump® with Sarah V. 8:30am–9:30am</td>
<td>Cycle with Mel 8:30am–9:15am</td>
<td>BodyPump® with Sarah 8:30am–9:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yoga with Christina 9:45am–10:45am</td>
<td>Silver Sneakers with Lindsey 9:45am–10:15am</td>
<td>Silver Sneakers with Christina 9:45am–10:30am</td>
<td>Silver Sneakers with Lindsey 9:45am–10:30am</td>
<td>Silver Bootcamp with Sawyer 9:45am–10:45am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardio Drumming with Lindsey 10:15am–10:45am</td>
<td>Chair Yoga with Christina 10:45am–11:30am</td>
<td>Chair Yoga with Christina 10:45am–11:30am</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>S.W.A.T. with Sarah V. 12:00pm–12:45pm</td>
<td>S.W.A.T. with Lindsey 12:00pm–12:45pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diesel with Rob 5:30pm–6:15pm</td>
<td>BodyPump® with Jules 5:15pm–6:00pm</td>
<td>Body by Lindsey with Lindsey 5:30pm–6:30pm</td>
<td>Strength with Sawyer 5:30pm–6:30pm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kids Fitness with Sawyer 5:30pm–6:45pm Ages 5-12</td>
<td>Kids Fitness with Rachel 5:15pm–6:00pm Ages 5-12</td>
<td>Hip-Hop Fitness with Brittani 6:00pm–6:45pm</td>
<td></td>
<td>Vinyasa Yoga with Sara B. 5:45pm–6:45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BodyPump® with Jules 6:00pm–6:45pm</td>
<td>Yoga with Rachel 6:10pm–7:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Holy Yoga with Sara B. 6:15pm–7:00pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Due to COVID-19, our Group Fitness Schedule is limited. Please note the following:**
- Instructors will not be wearing a mask while teaching; members do not need to wear a mask while exercising.
- Equipment will be cleaned, but we ask that members wipe down their equipment after use.
- No day passes will be sold or redeemed during this time.
Lap Swim
At least 1 lap lane is available at all times except for the following:
SAT: 8:30am–11:30am

Open Swim
MON–FRI: 5:30am–6:30pm
SAT: 7:00am–2:30pm
SUN: CLOSED

Water Slide
MON–FRI: 4:00pm–5:45pm
SAT: 12:00pm–2:00pm
SUN: CLOSED

Lap Swim
At least 1 lap lane is available at all times except for the following:
SAT: 8:30am–11:30am

Rockwall Hours
MON–FRI: CLOSED
SAT: 11:00am–2:00pm
SUN: CLOSED

*Open-climb is always available while facility is open (with the exception of when Summer Camp is using the wall) to anyone with a Kroc Climbing Certification.

Facility Hours
MON–FRI: 5:30am–7:00pm
SAT: 7:00am–3:00pm
SUN: CLOSED

The Zone Hours
MON–THURS: 4:00pm–6:00pm
FRI: CLOSED
SAT: CLOSED
SUN: CLOSED
*Ages 11-18 years.

Kids Watch Hours
MON–THUR: 8:15am–12:00pm
4:00pm–6:45pm
FRI: 8:15am–12:00pm
SAT: CLOSED
SUN: CLOSED

Kroc Community Church Hours
Sunday Worship
SUN: 11:00am–12:00pm

Aquatic Hours

Family Resource Center Hours
Holiday hours go into effect October - December and will look different than what is shown below.

South Bend Office
MON–TUES: 9:00am–12:00pm
WED: CLOSED
THURS: CLOSED
FRI: 9:00am–12:00pm
SAT–SUN: CLOSED

Walter A. Meyer Food Pantry
MON–TUES: 9:00am–12:00pm
WED: CLOSED
THURS: CLOSED
FRI: 9:00am–12:00pm
SAT–SUN: CLOSED

Mishawaka Office
MON–TUES: CLOSED
WED–THURS: 10:00am–2:00pm
FRI–SUN: CLOSED

*Hours are subject to change. For update, closings and holiday hours, please visit our website at www.mykroc.org/hours