

JULY KROC FIT



Highlights

Intro classes on July 1 & 8 at 5:00 pm.

New classes available on Mon & Wed at 7 am starting July 12.

Open gym time is not available during classes.

Bootcamp will be located in the Kroc Fit Box on Tues & Thurs mornings at 8:30 during the summer. ***BC**

Things to remember

Closed on July 4th.

Please follow COVID-19 safety precautions at www.KrocGreenville.org

Kroc Fit classes are open to ages 18+



KROC GREENVILLE



Thursday 1

5:00 pm **Intro** - Christina
6:00 pm KF - Christina

Friday 2

5:00 pm KF - Christina

Monday 5

5:00 pm KF - Christina
6:00 pm KF - Christina

Tuesday 6

8:30 am **BC** - Courtney
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 7

6:00 pm KF - Christina

Thursday 8

8:30 am **BC** - Courtney
5:00 pm **Intro** - Christina
6:00 pm KF - Christina

Friday 9

5:00 pm KF - Christina

Monday 12

7:00 am KF - Tre
5:00 pm KF - Christina
6:00 pm KF - Christina

Tuesday 13

8:30 am **BC** - Courtney
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 14

7:00 am KF - Tre
6:00 pm KF - Christina

Thursday 15

8:30 am **BC** - Courtney
6:00 pm KF - Christina

Friday 16

5:00 pm KF - Christina

Monday 19

7:00 am KF - Tre
5:00 pm KF - Christina
6:00 pm KF - Christina

Tuesday 20

8:30 am **BC** - Courtney
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 21

7:00 am KF - Tre
6:00 pm KF - Christina

Thursday 22

8:30 am **BC** - Courtney
6:00 pm KF - Christina

Friday 23

5:00 pm KF - Christina

Monday 26

7:00 am KF - Tre
5:00 pm KF - Christina
6:00 pm KF - Christina

Tuesday 27

8:30 am **BC** - Courtney
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 28

7:00 am KF - Tre
6:00 pm KF - Christina

Thursday 29

8:30 am **BC** - Courtney
6:00 pm KF - Christina

Friday 30

5:00 pm KF - Christina