

SEPT KROC FIT



Highlights

Labor Day - Mon Sept 6 - No Classes

Intro classes on Thursday September 2 & 9 at 5:00 pm.

Open gym time is not available during classes.

Bootcamp moves back to the GYM on Tues & Thurs 8:30 am.

Things to remember

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

Kroc Fit classes are open to ages 18+



KROC GREENVILLE

Wednesday 1
7:00 am KF - Tre
6:00 pm KF - Sarah

Thursday 2
5:00 pm Intro - Christina
6:00 pm KF - Sarah

Friday 3
5:00 pm KF - Christina

Monday 6
Labor Day - No classes
Facility open 7 - 12 pm

Tuesday 7
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 8
7:00 am KF - Tre
6:00 pm KF - Sarah

Thursday 9
5:00 pm Intro - Christina
6:00 pm KF - Sarah

Friday 10
5:00 pm KF - Christina

Monday 13
7:00 am KF - Tre
5:00 pm KF - Christina
6:00 pm KF - Christina

Tuesday 14
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 15
7:00 am KF - Tre
6:00 pm KF - Sarah

Thursday 16
6:00 pm KF - Sarah

Friday 17
5:00 pm KF - Christina

Monday 20
7:00 am KF - Tre
5:00 pm KF - Christina
6:00 pm KF - Christina

Tuesday 21
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 22
7:00 am KF - Tre
6:00 pm KF - Sarah

Thursday 23
6:00 pm KF - Sarah

Friday 24
5:00 pm KF - Christina

Monday 27
7:00 am KF - Tre
5:00 pm KF - Christina
6:00 pm KF - Christina

Tuesday 28
5:00 pm KF - Christina
6:00 pm KF - Christina

Wednesday 29
7:00 am KF - Tre
6:00 pm KF - Sarah

Thursday 30
6:00 pm KF - Sarah