

OCT KROC FIT



Highlights

Happy 10th Birthday Kroc Greenville!

Intro classes on Thursday October 7 & 14 at 5:00 pm.

Let's switch things up. The 7 am Mon/Wed class moves to 9 am on Tues/Thurs.

Open gym time is not available during classes.

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

				Friday 1 5:00 pm KF - Christina
Monday 4 5:00 pm KF - Christina 6:00 pm KF - Christina	Tuesday 5 9:00 am KF - Tre 5:00 pm KF - Christina 6:00 pm KF - Christina	Wednesday 6 6:00 pm KF - Sarah	Thursday 7 9:00 am KF - Tre 5:00 pm Intro - Christina 6:00 pm KF - Sarah	Friday 8 5:00 pm KF - Christina
Monday 11 5:00 pm KF - Christina 6:00 pm KF - Christina	Tuesday 12 9:00 am KF - Tre 5:00 pm KF - Christina 6:00 pm KF - Christina	Wednesday 13 6:00 pm KF - Sarah	Thursday 14 9:00 am KF - Tre 5:00 pm Intro - Christina 6:00 pm KF - Sarah	Friday 15 5:00 pm KF - Christina
Monday 18 5:00 pm KF - Christina 6:00 pm KF - Christina	Tuesday 19 9:00 am KF - Tre 5:00 pm KF - Christina 6:00 pm KF - Christina	Wednesday 20 6:00 pm KF - Sarah	Thursday 21 9:00 am KF - Tre 6:00 pm KF - Sarah	Friday 22 5:00 pm KF - Christina
Monday 25 5:00 pm KF - Christina 6:00 pm KF - Christina	Tuesday 26 9:00 am KF - Tre 5:00 pm KF - Christina 6:00 pm KF - Christina	Wednesday 27 6:00 pm KF - Sarah	Thursday 28 9:00 am KF - Tre 6:00 pm KF - Sarah	Friday 29 5:00 pm KF - Christina