


Day	Time	Instructor	
Monday			
	5:00a-9:00a	Open Gym	
	9:00a-11:00a	Pickleball	
	11:00a- 11:00p	Open Gym	
Tuesday			
	5:00a-9:00a	Open Gym	
	9:00a-11:00a	Pickleball	
	11:00a-7:00p	Open Gym	
	7:00p-11:00p	Open Volleyball	
Wednesday			
	5:00a-9:00a	Open Gym	
	9:00a-11:00a	Pickleball	
	11:00a-11:00p	Open Gym	
Thursday			
	5:00a-9:00a	Open Gym	
	9:00a-11:00a	Pickleball	
	11:00a-11:00p	Open Gym	
Friday			
	5:00a-9:30a	Open Gym	
	9:35a-10:35a	Extreme Boot Camp	Dina
	11:00a-1:00p	Pickleball	
	1:00p-11:00p	Open Gym	
Saturday			
	7:00a-8:00a	Open Gym	
	8:00a-8:55a	Boot Camp	Kerry
	9:00a-10:00a	Open Gym	
	10:00a-11:00a	Personal Training - Large Group	
	11:00a-4:00p	Open Gym	
	4:00p-7:00p	Family Open Gym	
Sunday			
	8:00a-4:00p	Open Gym	
	4:00p-7:00p	Family Open Gym	

Key
 New class or time change.

*Classes that do not meet the minimum attendance requirement can be removed from the schedule at anytime.
Visit FitNationGurnee.com for facility and KidNation holiday hours.

KidNation Childcare Hours:
For children 3 months-12 years
Monday-Friday: 8:00a-8:00p
Saturday-Sunday: 8:00a-2:00p

Please Note: Drop-in schedule and instructors are subject to change without notice.
All group exercise classes require a wristband upon entering the class.