

Day	Time		Instructor				
Monday							
	5:00a-9:00a	Open Gym	Gym will be closed for maintenance Dec. 9 - Dec. 13				
	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	<table border="1"> <tr> <th colspan="2">Key</th> </tr> <tr> <td>■</td> <td>New class or time change.</td> </tr> </table>	Key		■	New class or time change.
Key							
■	New class or time change.						
	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-4:00p	Open Gym					
	4:00p-7:00p	Family Open Gym					
Sunday							
	7:00a-4:00p	Open Gym					
	4:00p-7:00p	Family Open Gym					

*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.