



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KB's Sweat Station

January-April 2022
Session Schedule

For questions or concerns please contact Nolan Soto at 620.275.1199 ext. 205 or
nsoto@ymcaswkansas.org

Time	Monday	Rm
5:30-6:00 AM	KB's Sweat Station	G
9:00-9:30 AM	KB's Sweat Station	G
12:15-12:45 PM	KB's Sweat Station	G
4:45-5:15 PM	KB's Sweat Station	G
5:30- 6:00 PM	KB's Sweat Station	G
6:15-6:45 PM	KB's Sweat Station	G

Time	Thursday	Rm
5:30-6:00 AM	KB' Sweat Station	G
12:15-12:45 PM	KB' Sweat Station	G
4:45-5:15 PM	KB' Sweat Station	G
5:30-6:00 PM	KB' Sweat Station	G
6:15-6:45 PM	KB' Sweat Station	G

Time	Tuesday	Rm
5:30-6:00 AM	KB' Sweat Station	G
12:15-12:45 PM	KB' Sweat Station	G
4:45-5:15 PM	KB' Sweat Station	G
5:30-6:00 PM	KB' Sweat Station	G
6:15-6:45 PM	KB' Sweat Station	G

Time	Friday	Rm
5:30-6:00 AM	KB's Sweat Station	G
9:00-9:30 AM	KB's Sweat Station	G
12:15-12:45 PM	KB's Sweat Station	G
4:45-5:15 PM	KB's Sweat Station	G
5:30- 6:00 PM	KB's Sweat Station	G
6:15-6:45 PM	KB's Sweat Station	G

Time	Wednesday	Rm
5:30-6:00 AM	KB's Sweat Station	G
9:00-9:30 AM	KB's Sweat Station	G
12:15-12:45 PM	KB's Sweat Station	G
4:45-5:15 PM	KB's Sweat Station	G
5:30- 6:00 PM	KB's Sweat Station	G
6:15-6:45 PM	KB's Sweat Station	G

Time	Saturday	Rm
7:30-8:00 AM	KB's Sweat Station	G

Key

G: Gym

Coaches: Blake, Ashley, Betty

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