

Join The Big Foot Wellness Club! Proudly sponsored by:



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Turning Point Rehab & Wellness Linnea Kurowski DPT

BFHS Fitness Center Hours – JANUARY 2026

Hours may be subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 New Years Day	2 No School	3
				CLOSED	5:00-7:00 am 3:00-4:30 pm	7:00-10:00 am
4 	5	6	7	8	9	10
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-10:00 am
11	12	13	14	15	16	17
	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-10:00 am
18	19	20	21	22	23 No School	24
	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-10:00 am
25	26	27	28	29	30	31
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-10:00 am

www.bigfootrecreation.org

Phone: (262) 275-2117

BFHS Fitness Center Hours – FEBRUARY 2026

Hours may be subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
8	9	10	11	12	13	14
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
15	16	17	18	19	20 No School	21
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
22	23	24	25	26	27	28
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am

THANK YOU! to our Weekly Wellness Club Sponsors



Scan the QR Code to find this schedule online!

BFHS Fitness Center Hours – MARCH 2026						
Hours may be subject to change						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
8	9	10	11	12	13	14
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
15	16	17	18	19	20	21
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
22	23 No School	24 No School	25 No School	26 No School	27 No School	28
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
29	30	31				
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm				

BFHS Fitness Center Hours – APRIL 2026						
Hours may be subject to change						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 No School	4
			5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am Closed PM Good Friday	CLOSED
5	6	7	8	9	10	11
Closed Easter 	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
12	13	14	15	16	17	18
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
19	20	21	22	23	24	25
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-4:30 pm	7:00-9:00 am
26	27	28	29	30		
5:30-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm	5:00-7:00 am 3:00-8:00 pm		