

# APRIL 2026 @



Visit [knrec.org](http://knrec.org) for all event information and registrations

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>SPIN 12:15 - 12:45 pm</u> Spring Volleyball Skills Development Camp @ KES 6:00 -7:30 pm	2 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HIT 5:15 - 6:15 pm</u>	3	4
5 	6 <u>SPIN 12:15 - 12:45 pm</u> Pre K-2nd Track 5:45-6:30 @ KHS	7 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	8 <u>SPIN 12:15 - 12:45 pm</u> Spring Volleyball Skills Development Camp @ KES 6:00 -7:30 pm	9 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HIT 5:15 - 6:15 pm</u> 3rd-6th Track 5:45-6:30 @ KHS	10 <b>T-BALL</b> <b>REGISTRATION</b> <b>DEADLINE</b>	11 Flag Football Games
12	13 <u>SPIN 12:15 - 12:45 pm</u> Pre K-2nd Track 5:45-6:30 @ KHS	14 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	15 <u>SPIN 12:15 - 12:45 pm</u> Spring Volleyball Skills Development Camp @ KES 6:00 -7:30 pm	16 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HIT 5:15 - 6:15 pm</u> 3rd-6th Track 5:45-6:30 @ KHS	17	18 Flag Football Games
19	20 <u>SPIN 12:15 - 12:45 pm</u> Pre K-2nd Track 5:45-6:30 @ KHS	21 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	22 <u>SPIN 12:15 - 12:45 pm</u> Spring Volleyball Skills Development Camp @ KES 6:00 -7:30 pm	23 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HIT 5:15 - 6:15 pm</u> 3rd-6th Track 5:45-6:30 @ KHS	24	25 Flag Football Games
26	27 <u>SPIN 12:15 - 12:45 pm</u>	28 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>YOGA 5:15 - 6:15 pm</u>	29 <u>SPIN 12:15 - 12:45 pm</u> Spring Volleyball Skills Development Camp @ KES 6:00 -7:30 pm	30 <u>PERSONAL TRAINING</u> <u>W/KALYIN 1 - 4 pm</u> <u>AFTERNOON WORKOUTS</u> <u>2:00 - 2:45 pm</u> <u>HIT 5:15 - 6:15 pm</u>		