

2025 SPRING
SEMESTER AT ROCK U



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2:00			FOREVER YOUNG (Seniors 65+) 2PM - 4PM			
2:30						
3:00						
3:30						
4:00	SWEET CHILD (Ages 5-6) 4PM - 4:45PM					
4:30						
5:00	SWEET CHILD (Ages 7-8) 5PM - 6PM					
5:30						
6:00	KID ROCK (Ages 8 -12) 6PM - 7:30PM		KID ROCK (Ages 8 -12) 6PM - 7:30PM	POP U (Ages 8-12) 6PM - 7PM		
6:30						
7:00						
7:30	SHINE ON (Ages 25+) 7:30PM - 9:30PM		TEEN SPIRIT (ages 12 - 18) 7:30PM - 9:30PM	SHINE ON (Ages 18 - 25) 7PM - 9PM		
8:00						
8:30						
9:00						
9:30						