

GYM 1

Effective Sept 5, 2019

	SUNDAY	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY
6:00							
6:30		FITNESS CLASS 7-8am	AM HOOPS 6-8am	FITNESS CLASS 7-8am	AM HOOPS 6-8am	FITNESS CLASS 7-8am	
7:00							
7:30							
8:00							
8:30							
9:00							
9:30			X TRAINING 9-10am		X TRAINING 9-10am		
10:00							
10:30							
11:00		DAY CARE GYM 10-12pm	DAY CARE GYM 10-12pm	DAY CARE GYM 10-12pm	DAY CARE GYM 10-12pm	DAY CARE GYM 10-12pm	
11:30							
12:00							
12:30							
1:00							YOUTH SPORTS 8-6pm
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00							
6:30							
7:00		YOUTH SPORTS 6-8pm	YOUTH SPORTS 6-8pm	YOUTH SPORTS 6-8pm	YOUTH SPORTS 6-8pm	YOUTH SPORTS 6-8pm	
7:30							
8:00							
8:30							
9:00			OPEN VOLLEYBALL 8-10pm		OPEN VOLLEYBALL 8-10pm		
9:30							
10:00							

THE YMCA RESERVES THE RIGHT TO CHANGE THE SCHEDULE AT ANY POINT WITHOUT NOTICE

GYM 2

Effective Sept 5, 2019

	SUNDAY	MONDAY	TUESDAY	WEDNES	THURSDAY	FRIDAY	SATURDAY	
6:00								
6:30		FITNESS CLASS 7-8am	AM HOOPS 6-8am	FITNESS CLASS 7-8am	AM HOOPS 6-8am	FITNESS CLASS 7-8am		
7:00								
7:30								
8:00								
8:30								
9:00								
9:30				X TRAINING 9-10am		X TRAINING 9-10am		
10:00								
10:30								
11:00								
11:30								
12:00								
12:30	FAMILY GYM 12-4pm NO FULL COURT BBALL						YOUTH SPORTS 8-6pm	
1:00								
1:30								
2:00								
2:30								
3:00								
3:30								
4:00								
4:30								
5:00								
5:30								
6:00			SWIM TEAM DRY LAND					
6:30			EXERCISES or					
7:00		YOUTH SPORTS 6-8pm	YOUTH SPORTS 530 800pm	YOUTH SPORTS 6-8pm	YOUTH SPORTS 6-8pm	YOUTH SPORTS 6-8pm		
7:30								
8:00								
8:30								
9:00				OPEN VOLLEYBALL 8-10pm		OPEN VOLLEYBALL 8-10pm		
9:30								
10:00								

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