

GYM 1

Effective Nov 16, 2018

	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							YOUTH INDOOR SOCCER 8-5pm
1:00							
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 INDOOR SOCCER 6-830pm	YOUTH INDOOR SOCCER 6-830pm		YOUTH INDOOR SOCCER 6-830pm		
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							

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

GYM 2

Effective Nov 16, 2018

	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	FAMILY GYM 12-4pm NO FULL COURT BBALL	PICKLEBALL 10-2pm				YOUTH INDOOR SOCCER 8-5pm	
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00							
5:30							
6:00		YOUTH INDOOR SOCCER 6-830PM	SWIM TEAM EXERCISES 545 630PM	YOUTH INDOOR SOCCER 6-830pm			
6:30			YOUTH INDOOR SOCCER 630- 730PM				
7:00							
7:30		OPEN VOLLEYBALL 730-10pm					
8:00							
8:30							
9:00							
9:30							
10:00							

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