

GYM SCHEDULE

July 7-31

MONROE/SKY VALLEY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5 AM - 7 AM	OPEN GYM 5 AM - 9:00 AM	OPEN GYM 5 AM - 7 AM	OPEN GYM 5 AM - 9 AM	OPEN GYM 5 AM - 7 AM		
PICKLEBALL 7 AM - 9 AM	SUMMER CAMP Side 2 Closed 9 AM - 4 PM	PICKLEBALL 7 AM - 9 AM	SUMMER CAMP Side 2 Closed 9 AM - 4 PM	PICKLEBALL 7 AM - 9 AM		
SUMMER CAMP Side 2 Closed 9 AM - 4 PM	ZUMBA 9:15 Am- 10:30 AM Side 1	SUMMER CAMP Side 2 Closed 9 AM - 4 PM	Open GYM Side 1 9 AM - 10:30 AM	SUMMER CAMP Side 2 Closed 9 AM - 4 PM	Open Gym 7 AM - 5 PM	PICKLEBALL 10 AM - 12 PM
Open GYM Side 1 9 AM - 4:45 PM	Forever Fit 10:30 Am - 12 PM Side 1	Open GYM Side 1 9 AM - 4:45 PM	10:30 AM - 12 PM Side 1	Open GYM Side 1 9 AM - 4 PM		OPEN GYM 12 PM - 5 PM
Youth Sports 4:45 PM - 7 PM Both Sides	12 PM - 4:45 PM	Youth Sports 4:45 PM - 7 PM Both Sides	12 PM - 4:45 PM			
	Youth Sports 4:45 PM - 8 PM Both Sides		Youth Sports 4:45 PM - 8 PM Both Sides			
Open GYM Full GYM 7 PM - 9 PM	Open GYM Full GYM 8 PM - 9 PM	Open GYM Full GYM 7 PM - 9 PM	Open GYM Full GYM 8 PM - 9 PM	Open GYM FULL 4 PM - 9 PM		

Open Gym / Family Gym any time there is not a scheduled activity, net sports not available during this time. Please allow for up to 15 minutes for set up & clean up for scheduled classes/programs.

