

# GYM SCHEDULE

\*Effective July 30th 2025

\*In the event of an emergency, scheduling, Inclement Weather, heat or smoke, we will prioritize Y space for Y Camp.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	5AM-7AM	5AM-7AM	5AM-7AM	5AM-7AM	5AM-7AM		
6:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
7:00 AM	7a-9a (Inter/ Advanced)	7a-9a (Inter/ Advanced)	7a-9a (Inter/ Advanced)	7a-9a (Inter/ Advanced)	7a-9a (Inter/ Advanced)	8:30a-5p Open Gym	7a-10a  Open Gym
8:00 AM							
9:00 AM	9a-10a (Beginner)	9a-10a (Beginner)	9a-10a (Beginner)	9a-10a (Beginner)	9a-10a (Beginner)		
10:00 AM	10a-1p	10a-1p	10a-1p	10a-1p	10a-1p		10a-Noon Family Pickle ball
11:00 AM	CAMP	CAMP	CAMP	CAMP	CAMP		
12:00 PM	1p-4:30p Family Gym	1p-4:30p Open Gym	1p-4:30p Family Gym	1p-4:30p Open Gym	1p-4:45p Open Gym		12p-2p Family Gym
1:00 PM							
2:00 PM							
3:00 PM						2p-5p Open Gym	
4:00 PM	4:30-8:30p Youth Sports	4:30-8:30p Youth Sports	4:30-8:30p Youth Sports	4:30-8:30p Youth Sports	4:45-8:30p Youth Sports		
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							