

# GYM SCHEDULE

October 1 – October 31

MONROE/SKY VALLEY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 5 AM – 7 AM	OPEN GYM 5 AM – 7 AM	OPEN GYM 5 AM – 7 AM	OPEN GYM 5 AM – 7 AM	OPEN GYM 5 AM – 7 AM	Check YMCA APP Calendar For GYM Availability  Due To Youth Sports Games	PICKLEBALL 10 AM – NOON  OPEN GYM NOON – 5 PM
PICKLEBALL 7 AM – 11 AM	PICK UP BASKETBALL 7 AM – 8 AM	PICKLEBALL 7 AM – 11 AM	PICK UP BASKETBALL 7 AM – 8 AM	PICKLEBALL 7 AM – 11 AM		
Open GYM  11 AM – 4: 15 PM	Open GYM Full 8 AM – 9:30 AM  ZUMBA 9:30 AM– 10:30 AM Side 1	Open GYM  11 AM – 4: 15 PM	Open GYM  FULL  8 AM – 9 PM	Open GYM  FULL  11 AM – 9 PM		
VOLLEYBALL PRACTICES 4:15 PM – 8:15 PM	Open Gym Side 2 9:30 AM – 10:30 AM  Open Gym Full Court 10:30 AM – 9 PM	VOLLEYBALL PRACTICES 4:15 PM – 8:15 PM				
Open GYM Full 8:15 PM – 9 PM		Open GYM Full 8:15 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.

