

GYM SCHEDULE

November 1 – November 30

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 – 9 PM	Open GYM Full 8 AM – 9:30 AM ZUMBA 9:30 AM– 10:30 AM Side 1 Open Gym Side 2 9:30 AM – 10:30 AM Open Gym Full Court 10:30 AM – 9 PM	Open GYM 11 AM – 9 PM	Open GYM FULL 8 AM – 9 PM	Open GYM FULL 11 AM – 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.

