

GYM SCHEDULE

January 1- 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		
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	Open GYM 11 AM - 4:45 PM	Open GYM FULL 8 AM - 10:45 AM	Open GYM FULL 11 AM - 9 PM	Check YMCA APP Calendar For GYM Availability Due To Youth Sports Games	PICKLEBALL 10 AM - NOON
	ZUMBA 9:30 AM- 10:30 AM Full Gym		- 10:45 AM			
	Forever Fit 10:45 AM - 11:45 AM Full GYM		Forever Fit 10:45 AM - 11:45 AM Full GYM			OPEN GYM NOON - 5 PM
	Open Gym 11:45 Am - 4:45 PM		Open GYM FULL 11:45 AM - 4:45 PM			
	BASKETBALL PRACTICES 4:45 PM - 7:15 PM	BASKETBALL PRACTICES 4:45 PM - 8:15 PM	BASKETBALL PRACTICES 4:45 PM - 8:15 PM			
	OPEN GYM 7:15 PM - 9 PM	OPEN GYM 8:15 PM - 9 PM	OPEN GYM 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.

