

# 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		
<b>PICKLEBALL</b> 7 AM - 11 AM	<b>PICK UP BASKETBALL</b> 7 AM - 8 AM	<b>PICKLEBALL</b> 7 AM - 11 AM	<b>PICK UP BASKETBALL</b> 7 AM - 8 AM	<b>PICKLEBALL</b> 7 AM - 11 AM	<b>Check YMCA APP Calendar For GYM Availability Due To Youth Sports Games</b>	
Open GYM 11 AM - 9 PM	Open GYM Full 8 AM - 9:30 AM  <b>ZUMBA</b> 9:30 AM- 10:30 AM Full GYM	Open	Open GYM FULL 8 AM - 10:45 AM	Open GYM FULL 8 AM - 11 AM		<b>PICKLEBALL</b> 10 AM - NOON  OPEN GYM NOON - 5 PM
	Forever Fit 10:45 AM - 11:45 AM  Full GYM	GYM 11 AM - 4:45 PM	Forever Fit 10:45 AM - 11:45 AM  Full GYM Open GYM FULL 11:45 AM - 4:45 PM	FULL 9 PM		
	<b>BASKETBALL PRACTICES</b> 4:45 PM - 7:15 PM	<b>BASKETBALL PRACTICES</b> 4:45 PM - 8:15 PM	<b>BASKETBALL PRACTICES</b> 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.