

GYM SCHEDULE

FEBRUARY 1-28

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	Check YMCA APP Calendar For GYM Availability Due To Youth Sports Games	
Open GYM 11 AM - 9 PM	Open GYM Full 8 AM - 9:30 AM ZUMBA 9:30 AM- 10:30 AM Full GYM	Open	Open GYM FULL 8 AM - 10:45 AM	Open GYM FULL 8 AM - 11 AM		PICKLEBALL 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		
	BASKETBALL PRACTICES 4:45 PM - 7:15 PM OPEN GYM 7:15 PM - 9 PM	BASKETBALL PRACTICES 4:45 PM - 8:15 PM OPEN GYM 8:15 PM - 9 PM	BASKETBALL PRACTICES 4:45 PM - 8:15 PM OPEN GYM 8:15 PM - 9 PM	BASKETBALL GAMES ON 2/13 (530-7) & 2/20 (530-8)		

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.