

GYM SCHEDULE

May 7-31

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	Check YMCA APP Calendar For GYM Availability Due To Youth Sports Games	
Open GYM FULL 11 AM - 9 PM	Open GYM FULL 8 AM - 9:30 AM ZUMBA 9:30 AM - 10:30 AM Full GyM Forever Fit 10:45 AM - 11:45 AM Full GYM	Open GYM 11 AM - 4:45 PM	Open GYM 10:45 AM - 11:45 AM Full GYM 11:45 AM - 4:45 PM	Open GYM FULL 11 AM - 4:45 PM		PICKLEBALL 10 AM - NOON
	BASKETBALL PRACTICES 4:45 PM - 8:15 PM	BASKETBALL PRACTICES 4:45 PM - 6:15 PM	BASKETBALL PRACTICES 4:45 PM - 8:15 PM			OPEN GYM NOON - 5 PM
	OPEN GYM 8:15 PM - 9 PM	OPEN GYM 6:15 PM - 9 PM	OPEN GYM 8:15 PM - 9 PM	Check Ymca App for Gym Availability Friday Nights		

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.