

YMCA Gymnasium Schedule

Winter Schedule January

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*The YMCA
reserves the right
to change schedule
when needed.*

YMCA Gymnasium Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 – 8:00	<u>Closed</u>	Open Gym	Pick up Basketball	Open Gym	Pickup Basketball	Open Gym	Closed
8:00 – 8:30	<u>Closed</u>	Open Gym	Open Gym	Open Gym	Gym Floor Cleaning	Open Gym	Open Gym
8:30 – 9:00	<u>Closed</u>	Open Gym	Open Gym	Hot Flow Yoga	Gym Floor Cleaning	Yoga Ball	Open Gym
9:00 – 9:30	<u>Closed</u>	Cardio Combo	Open Gym	Hot Flow Yoga	Gym Floor Cleaning	Yoga Ball	Youth Basketball
9:30 – 10:00	<u>Closed</u>	Cardio Combo	Gentle Yoga	Open Gym	Gentle Yoga	Open Gym	Youth Basketball
10:00 – 10:30	<u>Closed</u>	Sr. Basketball	Gentle Yoga	Sr. Basketball	Gentle Yoga	Open Gym	Youth Basketball
10:30 – 11:00	<u>Closed</u>	Sr. Basketball	Special Pops starts @ 11:00 am	Sr. Basketball	Open Gym	Special Pops starts @ 10:45	Youth Basketball
11:00 – 11:30	<u>Closed</u>	Sr. Basketball	Special Pops Cont'd	Sr. Basketball	Open Gym	Special Pops Cont'd	Open Gym
11:30 – 12:00	<u>Closed</u>	Open Gym	Special Pops Cont'd	Open Gym	Open Gym	Special Pops Cont'd	Open Gym
12:00 – 1:00	<u>Closed</u>	(18+)Adult Basketball	Adult Open	(18+)Adult Basketball	Open Gym	(18+)Adult Basketball	Open Gym
1:00 – 2:00	Open Gym	(18+)Adult Basketball	Adult Open	(18+)Adult Basketball	Open Gym	(18+)Adult Basketball	Open Gym

****Gym Schedule Will Be Revised 1st of every month at 12:00 noon. New Programs Are In Bold Print****

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Scheduled events may need 15 minutes of transition or set up time.

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2:00 – 2:30	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>
2:30 – 3:00	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>
3:00 – 3:30	<i>Open Gym</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Open Gym</i>
3:30 – 4:00	<i>Full Court Basketball</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Youth Open Gym</i>	<i>Open Gym</i>
4:00 – 4:30	<i>Full Court Basketball</i>	<i>Youth Open Gym</i>	<i>Mighty Hoops Basketball</i>	<i>Youth Open Gym</i>	<i>Mighty Hoops Basketball</i>	<i>Youth Open Gym</i>	<i>Open Gym</i>
4:30 – 5:00	<i>Full Court Basketball</i>	<i>Youth Basketball</i>	<i>Mighty Hoops Basketball</i>	<i>Youth Open Gym</i>	<i>Mighty Hoops Basketball</i>	<i>Youth Open Gym</i>	<u>Closed</u>
5:00 – 5:30	<u>Closed</u>	<i>Youth Basketball</i>	<i>Mighty Hoops Basketball</i>	<i>Youth Volleyball</i>	<i>Mighty Hoops Basketball</i>	<i>Open Gym</i>	<u>Closed</u>
5:30 – 6:00	<u>Closed</u>	<i>Open Gym</i>	<i>Mighty Hoops Basketball</i>	<i>Youth Volleyball</i>	<i>Mighty Hoops Basketball</i>	<i>Open Gym</i>	<u>Closed</u>
6:00 – 6:30	<u>Closed</u>	<i>Adult Basketball League</i>	<i>Mighty Hoops Basketball</i>	<i>Youth Volleyball</i>	<i>Mighty Hoops Basketball</i>	<i>Open Gym</i>	<u>Closed</u>
6:30 – 7:00	<u>Closed</u>	<i>Adult Basketball League</i>	<i>Youth Basketball</i>	<i>Open Gym</i>	<i>Open Gym</i>	<i>Open Gym</i>	<u>Closed</u>
7:00 – 7:30	<u>Closed</u>	<i>Adult Basketball League</i>	<i>Youth Basketball</i>	<i>Adult Basketball League</i>	<i>Adult Basketball League</i>	<i>Adult Open Gym</i>	<u>Closed</u>
7:30 – 8:00	<u>Closed</u>	<i>Adult Basketball League</i>	<i>Adult Open Gym</i>	<i>Adult Basketball League</i>	<i>Adult Basketball League</i>	<i>Adult Open Gym</i>	<u>Closed</u>
8:00 – 8:30	<u>Closed</u>	<i>Adult Basketball League</i>	<i>Adult Open Gym</i>	<i>Adult Basketball League</i>	<i>Adult Basketball League</i>	<i>Adult Open Gym</i>	<u>Closed</u>
8:30 – 9:15	<u>Closed</u>	<i>Adult Basketball League</i>	<i>Adult Open Gym</i>	<i>Adult Basketball League</i>	<i>Adult Basketball League</i>	<i>Adult Open Gym</i>	<u>Closed</u>

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