





YMCA Gym Schedule Mon. Sept 18-Sept 24

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	TRX Training 5:15-6	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30														
7:00											West	East		
7:30														
8:00														
8:30														
9:00	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	If Weather is bad the Flag Football Program will be in the gym. 9:30-11am		West	East
9:30														
10:00														
10:30														
11:00		Kinder Gym 11-3	TRX Training 11-12				TRX Training 11-12							
11:30														
12:00														
12:30														
1:00														
1:30							1:30-3pm Programing LEARN							
2:00														
2:30														
3:00	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30				
3:30														
4:00														
4:30														
5:00											West	East	West	East
5:30											closes at 5pm		closes at 5pm	
6:00														
6:30														
7:00														
7:30										West	East	closes at 7:30pm		
8:00	West	East	West	East	West	East	West	East						
8:30	closes at 8:30pm		closes at 8:30pm		closes at 8:30pm		closes at 8:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 



YMCA Gym Schedule Mon. Sept 25-Oct 1

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	TRX Training 5:15-6	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30														
7:00											West	East		
7:30														
8:00														
8:30														
9:00	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	If Weather is bad the Flag Football Program will be in the gym. 9:30-11am		West	East
9:30														
10:00														
10:30														
11:00			TRX Training 11-12				TRX Training 11-12							
11:30														
12:00		Kinder Gym 11-3												
12:30														
1:00														
1:30														
2:00														
2:30														
3:00	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30				
3:30														
4:00														
4:30														
5:00											West	East		
5:30											closes at 5pm			
6:00														
6:30													West	East
7:00														closes at 6:30pm
7:30										West	East			
8:00														
8:30	closes at 8:30pm		closes at 8:30pm		closes at 8:30pm		closes at 8:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 



YMCA Gym Schedule Mon. Oct 2-Oct 22

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	TRX Training 5:15-6	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30											West	East		
7:00														
7:30														
8:00														
8:30														
9:00	Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11					
9:30											If Weather is bad the Flag Football Program will be in the gym. 9:30-11am		West	East
10:00														
10:30														
11:00				TRX Training 11-12				TRX Training 11-12						
11:30														
12:00														
12:30			Kinder Gym 11-3											
1:00														
1:30							1:30-3pm Programing LEARN							
2:00														
2:30														
3:00	Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30					
3:30														
4:00														
4:30														
5:00														
5:30														
6:00													West	East
6:30														closes at 6:30pm
7:00											West	East		
7:30														closes at 7:30pm
8:00										West	East			
8:30														closes at 8:30pm
9:00	West	East	West	East	West	East	West	East						
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 



YMCA Gym Schedule Mon. Oct 23-Oct 29

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	TRX Training 5:15-6	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30											West	East		
7:00														
7:30														
8:00														
8:30														
9:00	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	No Open Gym 3 V 3 Basketball Tourney		West	East	
9:30														
10:00														
10:30														
11:00			TRX Training 11-12				TRX Training 11-12							
11:30														
12:00														
12:30			Kinder Gym 11-3											
1:00														
1:30														
2:00														
2:30														
3:00	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30					
3:30														
4:00														
4:30														
5:00														
5:30														
6:00											Family Night No Open Gym		West	East
6:30														
7:00														
7:30														
8:00										West	East			
8:30														
9:00	West	East	West	East	West	East	West	East	West	East				
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 


YMCA Gym Schedule Mon. Oct 30-Nov. 5

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	TRX Training 5:15-6	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30											West	East		
7:00														
7:30														
8:00														
8:30														
9:00	Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11		Child Care Gym Time 8:45-11					
9:30											Programing No Open Gym 9:30-11am		West	East
10:00														
10:30														
11:00														
11:30			TRX Training 11-12				TRX Training 11-12							
12:00														
12:30			Kinder Gym 11-3											
1:00														
1:30														
2:00														
2:30														
3:00	Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30		Child Care Gym Time 3-4:30					
3:30														
4:00														
4:30														
5:00														
5:30														
6:00													West	East
6:30														closes at 6:30pm
7:00														
7:30											West	East		closes at 7:30pm
8:00														
8:30									West	East				closes at 8:30pm
9:00	West	East	West	East	West	East	West	East						
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm							

Restricted Gym Availability = 
 Normal Open Gym Availability = 

YMCA Gym Schedule Mon. Nov. 6-Nov. 12

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	TRX Training 5:15-6	East	West	East	West	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30											West	East		
7:00														
7:30														
8:00														
8:30														
9:00	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11	Programing No Open Gym 9:30-11am		West	East
9:30														
10:00														
10:30														
11:00				TRX Training 11-12				TRX Training 11-12						
11:30														
12:00														
12:30				Kinder Gym 11-3										
1:00														
1:30														
2:00														
2:30														
3:00	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30	Child Care Gym Time 3-4:30				
3:30														
4:00														
4:30														
5:00														
5:30								Programing No Open Gym						
6:00													West	East
6:30														closes at 6:30pm
7:00														
7:30											West	East		closes at 7:30pm
8:00														
8:30										West	East			closes at 8:30pm
9:00	West	East	West	East	West	East	West	East	West	East				
9:30	closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm		closes at 9:30pm					

Restricted Gym Availability = 
 Normal Open Gym Availability = 