





# YMCA Gym Schedule Mon-Sun, Jan 29-Feb 11

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	Pro-graming No Open Gym 9:30-11am	West	East
9:30														
10:00														
10:30														
11:00			TRX Training 11-12	Kinder Gym 11-3										
11:30														
12:00														
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			Pro-graming No Open Gym 5-6:15											
5:30														
6:00													West	East
6:30														closes at 6:30pm
7:00														
7:30												West	East	
8:00														
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-Sun, Feb 12-Feb 18

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											
9:30																					
10:00																					
10:30																					
11:00			TRX Training 11-12	Kinder Gym 11-3																	
11:30																					
12:00																					
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											
3:30																					
4:00																					
4:30																					
5:00			Pro- graming No Open Gym 5-6:15																		
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-Sun, Feb 19-Feb 25

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		Day Camp No Open Gym										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		TRX Training 9-10	Child Care Gym Time 8:45-11	Child Care Gym Time 8:45-11										
9:30																			
10:00																	West	East	
10:30																			
11:00		Day Camp No Open Gym	TRX Training 11-12	Kinder Gym 11-3			TRX Training 11-12												
11:30																			
12:00																			
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										
3:30																			
4:00																			
4:30		Day Camp No Open Gym																	
5:00				Pro-graming No Open Gym 5-6:15															
5:30																			
6:00																			
6:30													West	East					
6:30													closes at 6:30pm						
7:00																			
7:30												West	East						
7:30												closes at 7:30pm							
8:00																			
8:30												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-Sun, Feb 26-March 11

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											
9:30																					
10:00																					
10:30																					
11:00			TRX Training 11-12	Kinder Gym 11-3																	
11:30																					
12:00																					
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											
3:30																					
4:00																					
4:30																					
5:00			Pro- graming No Open Gym 5-6:15																		
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 = 