


YMCA Gym Schedule Mon-Sun, June 11-August 26

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00	West	East	West	East	West	East	TRX Training 5-6	East	Group Fitness 5:10-6:10					
5:30														
6:00														
6:30		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp		Day Camp	West	East
7:00														
7:30		Day Camp				Day Camp	TRX Training 7:30-8:30			Day Camp				
8:00					TRX Training 8-9									
8:30														
9:00														
9:30	Child Care Gym Time 8:45-11			Day Camp	Child Care Gym Time 8:45-11			Day Camp	Child Care Gym Time 8:45-11				West	East
10:00														
10:30														
11:00		Day Camp				Day Camp	TRX Training 11-12			Day Camp				
11:30														
12:00		Day Camp				Day Camp				Day Camp				
12:30														
1:00														
1:30														
2:00														
2:30														
3:00		Day Camp		Child Care Gym Time 3-4:30		Day Camp	Child Care Gym Time 3-4:30			Day Camp				
3:30														
4:00														
4:30		Day Camp				Day Camp				Day Camp				
5:00				Day Camp							West	East	West	East
5:30											closes at 5pm		closes at 5pm	
6:00														
6:30														
7:00											West	East		
7:30											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							
9:00														
9:30														

Restricted Gym Availability = 
 Normal Open Gym Availability = 