





YMCA Gym Schedule Mon-Sun, June 11-August 5

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					TRX Training 6-7									
6:30	Day Camp		Day Camp			Day Camp		Day Camp		Day Camp	West	East		
7:00														
7:30	Day Camp					Day Camp				Day Camp				
8:00														
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							TRX Training 11-12							
11:30														
12:00	Day Camp					Day Camp				Day Camp				
12:30														
1:00														
1:30														
2:00														
2:30														
3:00	Day Camp					Day Camp				Day Camp				
3:30		Child Care Gym Time 3-4:30					Child Care Gym Time 3-4:30							
4:00	Day Camp					Day Camp				Day Camp				
4:30			Day Camp								West	East	West	East
5:00					Day Camp			Day Camp			closes at 5pm		closes at 5pm	
5:30														
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							

Restricted Gym Availability = 
 Normal Open Gym Availability = 


YMCA Gym Schedule Mon-Sun, August 6-August 12

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					TRX Training 6-7									
6:30	Day Camp		Day Camp		Day Camp		Day Camp		Day Camp		West	East		
7:00														
7:30	Day Camp		Day Camp		Day Camp		Day Camp		Day Camp					
8:00											No Open Gym FCA 3v3 Basket Ball Tourney			
8:30														
9:00	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					
9:30														
10:00														
10:30														
11:00														
11:30							TRX Training 11-12							
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	Day Camp				Day Camp				Day Camp					
4:30			Day Camp								West	East	West	East
5:00											closes at 5pm		closes at 5pm	
5:30														
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							

Restricted Gym Availability = 
 Normal Open Gym Availability = 

YMCA Gym Schedule Mon-Sun, August 13-Sept 2

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					TRX Training 6-7									
6:30	Day Camp		Day Camp			Day Camp		Day Camp		Day Camp	West	East		
7:00														
7:30	Day Camp					Day Camp				Day Camp				
8:00														
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							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					Day Camp				Day Camp				
3:30		Child Care Gym Time 3-4:30					Child Care Gym Time 3-4:30							
4:00	Day Camp					Day Camp				Day Camp				
4:30			Day Camp								West	East	West	East
5:00					Day Camp			Day Camp			closes at 5pm		closes at 5pm	
5:30														
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							

Restricted Gym Availability = 
 Normal Open Gym Availability = 