



GYM SCHEDULE

NOVEMBER 5 – NOVEMBER 11

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am Open Gym	5am Open Gym	5am Open Gym	5am Open Gym	5-6:00am Tabata Circuit No Open Gym		
6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym		
7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	
8-8:45am TRX West Side Closed East Side Open	8am Open Gym	8am Open Gym	8am Open Gym	8:10-8:55am TRX West Side Closed East Side Open	8am Open Gym	
8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	9am Open Gym	
			10-11:00 am Child Care Activity No Open Gym			10am Open Gym
11am Open Gym	11am Open Gym	11am Open Gym	11:15-12pm TRX West Side Closed East Side Open	11am Open Gym	11am Open Gym	11am Open Gym
12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym
1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym
2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym
3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3pm Open Gym	3pm Open Gym
					4pm Open Gym	4pm Open Gym
5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	5pm Open Gym	5pm Open Gym
6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym
7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	6:30pm Facility Closed
8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	7:30pm Facility Closed	
9pm Open Gym	9pm Open Gym	9pm Open Gym	9pm Open Gym	8:30pm Facility Closed		
9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed			



GYM SCHEDULE

NOVEMBER 12 – NOVEMBER 18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am Open Gym	5am Open Gym	5am Open Gym	5am Open Gym	5-6:00am Tabata Circuit No Open Gym		
6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym		
7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	
8-8:45am TRX West Side Closed East Side Open	8am Open Gym	8am Open Gym	8am Open Gym	8:10-8:55am TRX West Side Closed East Side Open	8am Open Gym	
8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	9am Open Gym	
			10-11:00 am Child Care Activity No Open Gym			10am Open Gym
11am Open Gym	11am Open Gym	11am Open Gym	11:15-12pm TRX West Side Closed East Side Open	11am Open Gym	11am Open Gym	11am Open Gym
12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym
1pm Open Gym	1pm Open Gym	1pm Open Gym	1-3pm Programming No Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym
2pm Open Gym	2pm Open Gym	2pm Open Gym		2pm Open Gym	2pm Open Gym	2pm Open Gym
3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3pm Open Gym	3pm Open Gym
					4pm Open Gym	4pm Open Gym
5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	5pm Open Gym	5pm Open Gym
6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym
7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	6:30pm Facility Closed
8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	7:30pm Facility Closed	
9pm Open Gym	9pm Open Gym	9pm Open Gym	9pm Open Gym	8:30pm Facility Closed		
9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed			



GYM SCHEDULE

NOVEMBER 19 – NOVEMBER 25

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am Open Gym	5am Open Gym	5am Open Gym	YMCA CLOSED	5am Open Gym		
6am Open Gym	6am Open Gym	6am Open Gym		6am Open Gym		
7am Open Gym	7am Open Gym	7am Open Gym		7am Open Gym	7am Open Gym	
8-8:45am TRX West Side Closed East Side Open	8am Open Gym	8am Open Gym		8am Open Gym	8am Open Gym	
8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open		8:45-11am Child Care West Side Closed East Side Open	9am Open Gym	
11am Open Gym	11am Open Gym	11am Open Gym		11am Open Gym	10am Open Gym	10am Open Gym
12pm Open Gym	12pm Open Gym	12pm Open Gym		12pm Open Gym	11am Open Gym	11am Open Gym
1pm Open Gym	1pm Open Gym	1pm Open Gym		1pm Open Gym	12pm Open Gym	12pm Open Gym
2pm Open Gym	2pm Open Gym	2pm Open Gym		2pm Open Gym	1pm Open Gym	1pm Open Gym
3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open		3-4:30pm Child Care West Side Closed East Side Open	2pm Open Gym	2pm Open Gym
5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym		3-4:30pm Child Care West Side Closed East Side Open	3pm Open Gym	3pm Open Gym
6pm Open Gym	6pm Open Gym	6pm Open Gym		5pm Open Gym	4pm Open Gym	4pm Open Gym
7pm Open Gym	7pm Open Gym	7pm Open Gym		6pm Open Gym	5pm Open Gym	5pm Open Gym
8pm Open Gym	8pm Open Gym	8pm Open Gym		7pm Open Gym	6pm Open Gym	6pm Open Gym
9pm Open Gym	9pm Open Gym	9pm Open Gym		8pm Open Gym	7pm Open Gym	6:30pm Facility Closed
9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed		8pm Open Gym	8:30pm Facility Closed	7:30pm Facility Closed



GYM SCHEDULE

NOVEMBER 26 – DECEMBER 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am Open Gym	5am Open Gym	5am Open Gym	5am Open Gym	5-6:00am Tabata Circuit No Open Gym		
6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym		
7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	
8-8:45am TRX West Side Closed East Side Open	8am Open Gym	8am Open Gym	8am Open Gym	8:10-8:55am TRX West Side Closed East Side Open	8am Open Gym	
8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	9am Open Gym	
			10-11:00 am Child Care Activity No Open Gym			10am Open Gym
11am Open Gym	11am Open Gym	11am Open Gym	11:15-12pm TRX West Side Closed East Side Open	11am Open Gym	11am Open Gym	11am Open Gym
12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym
1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym
2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym
3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3pm Open Gym	3pm Open Gym
					4pm Open Gym	4pm Open Gym
5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	5pm Open Gym	5pm Open Gym
6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym
7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	6:30pm Facility Closed
8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	7:30pm Facility Closed	
9pm Open Gym	9pm Open Gym	9pm Open Gym	9pm Open Gym	8:30pm Facility Closed		
9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed			



GYM SCHEDULE

DECEMBER 3 – DECEMBER 9

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am Open Gym	5am Open Gym	5am Open Gym	5am Open Gym	5-6:00am Tabata Circuit No Open Gym		
6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym	6am Open Gym		
7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	7am Open Gym	
8-8:45am TRX West Side Closed East Side Open	8am Open Gym	8am Open Gym	8am Open Gym	8:10-8:55am TRX West Side Closed East Side Open	8am Open Gym	
8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	8:45-11am Child Care West Side Closed East Side Open	9am Open Gym	
			10-11:00 am Child Care Activity No Open Gym			10am Open Gym
11am Open Gym	11am Open Gym	11am Open Gym	11:15-12pm TRX West Side Closed East Side Open	11am Open Gym	11am Open Gym	11am Open Gym
12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym	12pm Open Gym
1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym	1pm Open Gym
2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym	2pm Open Gym
3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3-4:30pm Child Care West Side Closed East Side Open	3pm Open Gym	3pm Open Gym
					4pm Open Gym	4pm Open Gym
5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	4:30-6pm Youth Gym Time West Side Closed East Side Open	5pm Open Gym	5pm Open Gym	5pm Open Gym
6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym	6pm Open Gym
7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	7pm Open Gym	6:30pm Facility Closed
8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	8pm Open Gym	7:30pm Facility Closed	
9pm Open Gym	9pm Open Gym	9pm Open Gym	9pm Open Gym	8:30pm Facility Closed		
9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed	9:30pm Facility Closed			