



# GYM SCHEDULE

NOVEMBER 1 – NOVEMBER 30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5am</b> Open Gym	<b>5am</b> Open Gym	<b>5am</b> Open Gym	<b>5am</b> Open Gym	<b>5am-6am</b> <b>TABATA</b> <b>CIRCUIT</b> Gym Closed		
<b>6am</b> Open Gym	<b>6am</b> Open Gym	<b>6am</b> Open Gym	<b>6am</b> Open Gym	<b>6am</b> Open Gym		
<b>7am</b> Open Gym	<b>7am</b> Open Gym	<b>7am</b> Open Gym	<b>7am</b> Open Gym	<b>7am</b> Open Gym	<b>7-10am</b> <b>PICKLEBALL</b> Gym Closed	
<b>8am</b> Open Gym	<b>8am</b> Open Gym	<b>8am</b> Open Gym	<b>8am</b> Open Gym	<b>8am</b> Open Gym		
<b>9 am- 11 am</b> <b>KINDER GYM</b> Child Watch and Child Care only. West Side Closed	<b>9 am- 11 am</b> <b>CHILD CARE</b> West Side Closed	<b>9 am- 11 am</b> <b>CHILD CARE</b> West Side Closed	<b>9 am- 11 am</b> <b>CHILD CARE</b> West Side Closed	<b>9 am- 11 am</b> <b>CHILD CARE</b> West Side Closed		<b>9-11am</b> <b>PICKLEBALL</b> Gym Closed
<b>11am – 12 pm</b> <b>OPEN KINDER</b> <b>GYM</b> Open to YMCA Members. West Side Closed	<b>11am – 2 pm</b> <b>PICKLEBALL</b> Gym Closed	<b>11am – 2 pm</b> <b>PICKLEBALL</b> Gym Closed	<b>11am – 2 pm</b> <b>PICKLEBALL</b> Gym Closed	<b>11am</b> Open Gym	<b>10am</b> Open Gym	
<b>12pm</b> <b>TRX</b> East Side Closed				<b>12pm</b> Open Gym	<b>11am</b> Open Gym	<b>11am</b> Open Gym
<b>1pm</b> Open Gym				<b>1pm</b> Open Gym	<b>12pm</b> Open Gym	<b>12pm</b> Open Gym
<b>2pm</b> Open Gym	<b>2pm</b> Open Gym	<b>2pm</b> Open Gym	<b>2pm</b> Open Gym	<b>2pm</b> Open Gym	<b>1pm</b> Open Gym	<b>1pm</b> Open Gym
<b>3pm- 4:30pm</b> <b>CHILD CARE</b> West Side Closed	<b>3pm- 4:30pm</b> <b>CHILD CARE</b> West Side Closed	<b>3pm- 4:30pm</b> <b>CHILD CARE</b> West Side Closed	<b>3pm- 4:30pm</b> <b>CHILD CARE</b> West Side Closed	<b>3pm- 4:30pm</b> <b>CHILD CARE</b> West Side Closed	<b>2pm</b> Open Gym	<b>2pm</b> Open Gym
<b>5pm</b> Open Gym	<b>5:30-7:30pm</b> <b>YOUTH</b> <b>SPORTS</b> Gym Closed	<b>3pm</b> Open Gym	<b>3pm</b> Open Gym	<b>3pm</b> Open Gym	<b>3pm</b> Open Gym	<b>3pm</b> Open Gym
<b>6pm</b> Open Gym		<b>6pm</b> Open Gym	<b>6pm</b> Open Gym	<b>6pm</b> Open Gym	<b>4pm</b> Open Gym	<b>4pm</b> Open Gym
<b>7pm</b> Open Gym		<b>7pm</b> Open Gym	<b>7pm</b> Open Gym	<b>7pm</b> Open Gym	<b>5pm</b> Open Gym	<b>5pm</b> Open Gym
<b>8pm</b> Open Gym	<b>8pm</b> Open Gym	<b>8pm</b> Open Gym	<b>8pm</b> Open Gym	<b>8pm</b> Open Gym	<b>6pm</b> Facility Closed	<b>6pm</b> Facility Closed
<b>9:30pm</b> Facility Closed	<b>9:30pm</b> Facility Closed	<b>9:30pm</b> Facility Closed	<b>9:30pm</b> Facility Closed	<b>8:30pm</b> Facility Closed		