

## Gym Schedule 08/23/2025 - 08/31/25

### OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM-12:00PM	6:00AM-11:00AM	6:00AM-9:45AM	6:00AM-11:00AM	6:00AM-12:00PM	7:00AM-6:00PM	8:00AM-6:00PM
2:15PM-9:00PM	2:00PM-5:00PM	11:00AM-12:00PM	2:00PM-4:45PM	2:00PM - 5:45PM		
	7:45PM-9:00PM	2:00PM-5:45PM	7:30PM-9:00PM			
		6:00PM-7:00PM(HC)				
		7:00PM-9:00PM (FC)				

### PICKLEBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00PM-2:00PM	11:00AM-12:00PM (Group/Private)	12:00PM-2:00PM	11:00AM-11:30AM (Group/Private)	12:00PM-2:00PM		
	12:00PM-2:00PM		12:00PM-2:00PM			

### YMCA VOLLEYBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:00PM-7:45PM (T)		5:00PM-6:00PM (P) 6:00PM-7:30PM (T)			

### Y BASKETBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

### YCP

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:00PM - 7:00PM (HC)				

### Silver Sneakers

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10:00AM-11:00AM				