

## Gym Schedule 09/29/2025 - 10/06/25

### OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM-12:00PM	6:00AM-8:00AM	6:00AM-8:00AM	6:00AM-8:00AM	6:00AM-10:45AM	7:00AM-9:45AM
2:15PM-4:00PM	2:00PM-4:00PM	11:00AM-12:00PM	9:00AM-10:00AM	6:00PM-9:00PM	10:00AM-11:00AM(HC)
7:15PM-9:00PM	7:15PM-8:00PM(HC)	2:00PM-3:45PM	2:00PM-4:00PM		11:00AM-12:00PM
	8:15PM-9:00PM	5:00PM-7:00PM (HC)	7:15PM-8:00PM(HC)		12:00PM-3:00PM(HC)
		7:15PM-9:00PM(FC)	8:15PM-9:00PM		3:15PM-6:00PM

### PICKLEBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00PM-2:00PM	11:00AM-12:00PM (Group/Private)	12:00PM-2:00PM	11:00AM-11:30AM (Group/Private)	11:00AM-1:00PM	
	12:00PM-2:00PM		12:00PM-2:00PM		

### YMCA VOLLEYBALL

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

### Y BASKETBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:15PM-8:00PM(HC)		7:15PM-8:00PM(HC)		10:00AM-11:00AM

### Silver Sneakers

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

On this sheet, each cell in the table making up this schedule counts as 15 minutes; a group of 4 cells equals an hour, for future reference in schedule editing.

Sunday
8:00AM-9:45AM
10:00AM-1:00PM(HC)
1:15PM-6:00PM

Sunday

Sunday

Sunday

Sunday

