



Gym Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Quad 1	Quad 2	Quad 3	Quad 4
Monday				
	OPEN GYM ALL DAY	OPEN GYM 5:30am-6:15am	OPEN GYM 5:30am - 8:00am	OPEN GYM 5:30am-8:30pm
		Strength & Cardio HIIT 6:15am - 7:00am	Advanced Pickleball 8:00am-11:00am	
		OPEN GYM 7:00am-8:15am	OPEN GYM 11:00am-8:45pm	
		Step it Up 8:15am-9:00am		
		Tone 9:00am-10:00am		
		OPEN GYM 10:00am - 8:45pm		
Tuesday				
	OPEN GYM ALL DAY	OPEN GYM 5:30am-8:45pm	OPEN GYM 5:30am - 10:00am	OPEN GYM 5:30am-10:00am
		Beginner Pickleball 10:00am-1:00p	Intermediate/Advanced Pickleball 10:00am-1:00p	Intermediate/Advanced Pickleball 10:00am-1:00p
			OPEN GYM 1:00p-6:00pm	OPEN GYM 1:00p-6:00pm
			Open Pickleball 6:00pm - 8:30pm	Open Pickleball 6:00pm - 8:30pm
Wednesday				
	OPEN GYM ALL DAY	OPEN GYM 5:30am-6:15am	OPEN GYM 5:30am - 10:00am	OPEN GYM 5:30am-10:00am
		Strength & Cardio HIIT 6:15am - 7:00am		
		OPEN GYM 7:00am-8:15am		
		Step it Up 8:15am-9:00am		
		Tone 9:00am-10:00am		
		Beginner Pickleball 10:00am-1:00p	Intermediate/Advanced Pickleball 10:00am-1:00p	Intermediate/Advanced Pickleball 10:00am-1:00p
		OPEN GYM 1:00pm - 8:45pm	OPEN GYM 1:00pm-8:45pm	OPEN GYM 1:00pm-8:45pm
Thursday				
	OPEN GYM ALL DAY	OPEN GYM 5:30am-8:45pm	OPEN GYM 5:30am-8:00am	OPEN GYM 5:30am-8:00am
			Advanced Pickleball 8:00am-11:00am	Advanced Pickleball 8:00am-11:00am
			OPEN GYM 11:00am-8:45pm	OPEN GYM 11:00am-8:45pm
Friday				
	OPEN GYM ALL DAY	OPEN GYM 5:30am-8:15am	OPEN GYM 5:30am-10:00am	OPEN GYM 5:30am-10:00am
		Step it Up 8:15am-9:00am		
		Tone 9:00am-10:00am		
		Beginner Pickleball 10:00am-1:00p	Intermediate/Advanced Pickleball 10:00am-1:00p	Intermediate/Advanced Pickleball 10:00am-1:00p
		OPEN GYM 1:00pm-6:45pm	OPEN GYM 1:00pm-6:45pm	OPEN GYM 1:00pm-6:45pm
Saturday				
	OPEN GYM ALL DAY	OPEN GYM ALL DAY	OPEN GYM ALL DAY	OPEN GYM ALL DAY
Sunday				
	YMCA CLOSED	YMCA CLOSED	YMCA CLOSED	YMCA CLOSED