

# the Y GYM SCHEDULES

## AUGUST 2018

<b>BASKETBALL COURT #1</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am <b>Y-Fit</b>	5:00-7:30am <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>	5:00-7:30am <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>	7:00-8:00am <b>Open Gym</b>	
6:15-7:30am <b>Pick-up Basketball</b>		6:00-7:30am <b>Pick-up Basketball</b>		6:00-7:30am <b>Pick-up Basketball</b>	6:00-7:30am <b>Pick-up Basketball</b>	8:00-8:45am <b>PiYo LIVE</b>
7:30am-12pm <b>Pickleball</b>	7:30-9:30am <b>Pickleball</b>	7:30-9:30am <b>Pickleball Shootout</b>	7:30-9:30am <b>Pickleball</b>	7:30-9:30am <b>Pickleball Shootout</b>		
12:00-9:30pm <b>Open Gym</b>	9:30am-5:00pm <b>Open Gym</b>	9:30am-9:30pm <b>Open Gym</b>	10:00am-5:00pm <b>Open Gym</b>	10:30am-12:30pm <b>Pickleball</b>	9:00-9:45am <b>Country Heat LIVE</b>	10:00am-2:30pm <b>Open Gym</b>
			5:00-9:30pm <b>Women's League</b> (Ends 8/9)			
	5:00-9:30pm <b>Women's League</b> (Ends 8/9)		6:15-9:30pm <b>Volleyball</b> (Starts 8/16)	5:00-9:00pm <b>Family Prime Time Open Gym</b>	10:00am-3:00pm <b>Open Gym</b>	2:30-8:00pm <b>Women's League</b> (Ends 8/9)

<b>BASKETBALL COURT #2</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am <b>Open Gym</b>	5:00am-5:00pm <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>	5:00-9:30am <b>Open Gym</b>	5:00-6:00am <b>Open Gym</b>		
6:00-7:30am <b>Pick-up Basketball</b>		6:00-7:30am <b>Pick-up Basketball</b>	9:30-10:30am <b>Kettlebell HIIT</b>	6:00-7:30am <b>Pick-up Basketball</b>	7:00-11:00am <b>Open Gym</b>	
9:30-10:00am <b>Cardio Walk &amp; Fit</b>		7:30-9:30am <b>Pickleball Shootout</b>	10:30am-5:00pm <b>Open Gym</b>	7:30-9:30am <b>Pickleball Shootout</b>		
10:00am-12:00pm <b>Pickleball</b>		10:00-10:45am <b>Zumba Gold</b>	5:00-9:30pm <b>Women's League</b> (Ends 8/9)	9:30-10:15am <b>Zumba Gold</b>	1:00-3:00pm <b>Volleyball</b>	10:00am-2:30pm <b>Open Gym</b>
12:00-4:45pm <b>Open Gym</b>		11:00am-9:30pm <b>Open Gym</b>		10:30am-9:00pm <b>Open Gym</b>		
4:45-6:00pm <b>Karate</b>	5:00-9:30pm <b>Women's League</b> (Ends 8/9)		6:15-9:30pm <b>Volleyball</b> (Starts 8/16)			2:30-8:00pm <b>Women's League</b> (Ends 8/9)
6:00-9:30pm <b>Open Gym</b>						12:00-6:00pm <b>Volleyball</b> (Starts 8/12)

<b>BASKETBALL COURT #3</b>						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am-9:30pm <b>Gymnastics</b>	9:00-10:00am <b>TRX</b>	5:00am-9:30pm <b>Gymnastics</b>	9:00-10:00am <b>TRX</b>	5:00am-5:00pm <b>Open Gym</b>	7:00am-3:00pm <b>Open Gym</b>	10:00am-6:00pm <b>Open Gym</b>
	10:00am-9:30pm <b>Gymnastics</b>		10:00am-4:45pm <b>Open Gym</b>			
			4:45-6:00pm <b>Karate</b>			
			6:00-9:30pm <b>Open Gym</b>	5:00-9:00pm <b>Family Prime Time Open Gym</b>		