

the Y GYM SCHEDULES

June 2019

BASKETBALL COURT #1 **						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15am Y-Fit	5:00-7:30am Open Gym	5:00-6:00am Open Gym	5:00-7:30am Open Gym	5:00-6:00am Open Gym	7:00-8:00am Open Gym	
6:15-7:30am Pick-up Basketball		6:00-7:30am Pick-up Basketball		6:00-7:30am Pick-up Basketball	6:00-7:30am Pick-up Basketball	8:00-8:45am PiYo LIVE
7:30am-12pm Pickleball	7:30-9:30am Pickleball	7:30am-12pm Pickleball Shootout	7:30-9:30am Pickleball	7:30-9:30am Pickleball Shootout	9:00-9:45am Country Heat LIVE	
12:00-7:00pm Open Gym	9:30am-5:00pm Open Gym	12:00-7:00pm Open Gym	10:00am-9:30pm Open Gym	10:30am-12:30pm Pickleball	10:00am-3:00pm Open Gym	10:00am-2:00pm Open Gym
7:00-9:30pm HS Boys League	5:00-9:30pm Women's League	7:00-9:30pm HS Boys League	5:00-9:30pm Women's League	12:30-9:00pm Open Gym		2:00-5:30pm Women's League

BASKETBALL COURT #2 **						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-6:00am Open Gym	5:00am-9:30pm Open Gym	5:00-6:00am Open Gym	5:00-10:30am Open Gym	5:00-6:00am Open Gym		
6:00-7:30am Pick-up Basketball		6:00-7:30am Pick-up Basketball	9:30-10:30am Kettlebell HIIT	6:00-7:30am Pick-up Basketball	7:00am-1:00pm Open Gym	
9:30-10:00am Cardio Walk & Fit		7:30-9:30am Pickleball Shootout	10:30am-5:00pm Open Gym	7:30-9:30am Pickleball Shootout		9:30-10:15am Zumba Gold
10:00am-12:00pm Pickleball	5:00-9:30pm Women's League	10:00-10:45am Zumba Gold		5:00-9:30pm Women's League	10:30am-9:00pm Open Gym	1:00-3:00pm Volleyball
12:00-4:45pm Open Gym		11:00am-7:00pm Open Gym				
4:45-6:00pm Karate		7:00-9:30pm HS Boys League				

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

****From June 24-June 28, SFU Men's Basketball Camp will be using all 3 courts from 8:30am-3:30pm****