

the Y GYM SCHEDULES

NOVEMBER 2018

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	
12:00-9:30pm Open Gym	9:30am-9:30pm Open Gym	9:30am-9:30pm Open Gym	10:00am-5:00pm Open Gym	10:30am-12:30pm Pickleball	10:00am-7:00pm Open Gym	10:00am-6:00pm Open Gym
			5:00-6:15pm PeeWee Volleyball			
			7:00-9:30pm Volleyball	12:30-9:00pm Open Gym		

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	5:00-9:30am 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	7:00-8:00am Open Gym	
9:30-10:00am Cardio Walk & Fit		7:30-9:30am Pickleball Shootout	10:30am-4:45pm Open Gym	7:30-9:30am Pickleball Shootout		
10:00am-12:00pm Pickleball	4:30-5:30pm Biddy Volleyball	10:00-10:45am Zumba Gold	4:45-6:00pm Karate	9:30-10:15am Zumba Gold	8:00am-1:00pm Futsal	10:00am-1:00pm Open Gym
12:00-4:45pm Open Gym		11:00am-9:30pm Open Gym		10:30am-6:00pm Open Gym	1:00-3:00pm Volleyball	1:00-6:00pm Volleyball
4:45-6:00pm Karate				6:00pm-8:00pm Volleyball		
5:00-6:15pm Y Fit Kids	5:30-8:00pm Futsal		6:00-9:30pm Volleyball	8:00-9:00pm Open Gym	3:00-7:00pm Open Gym	
6:00-9:30pm Open Gym	8:00-9:30pm Open Gym					

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	9:00-10:00am TRX	5:00am-5:00pm Gymnastics	7:00am-7:00pm Open Gym	10:00am-6:00pm Open Gym
	10:00am-9:30pm Gymnastics		10:00am-9:30pm Gymnastics			
				5:00-9:00pm Family Prime Time Open Gym		