

the **Y** GYM SCHEDULES

SEPTEMBER 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	7:00am-7:00pm 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	
7:30am-12pm Pickleball	7:30-9:30am Pickleball	7:30-9:30am Pickleball Shootout	7:30-9:30am Pickleball	7:30-9:30am Pickleball Shootout		
12:00-9:30pm Open Gym	9:30am-9:30pm Open Gym	9:30am-9:30pm Open Gym	10:00am-9:30pm Open Gym	10:30am-12:30pm Pickleball		10:00am-6:00pm Open Gym
				12:30-5:00pm Open Gym		
				5:00-9:00pm Family Prime Time 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	7:00-11:00am 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		10:00-10:45am Zumba Gold	4:45-6:00pm Karate	9:30-10:15am Zumba Gold	1:00-3:00pm Volleyball	10:00am-2:30pm Open Gym
12:00-4:45pm Open Gym		11:00am-9:30pm Open Gym				3:00-7:00pm Open Gym
4:45-6:00pm Karate				10:30am-9:00pm Open Gym		
5:00-6:15pm Y Fit Kids			6:00-9:30pm Volleyball			12:00-6:00pm Volleyball
6:00-9:30pm 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 Open Gym			
	10:00am-9:30pm Gymnastics		10:00am-4:45pm Open Gym			7:00am-7:00pm Open Gym	10:00am-6:00pm Open Gym
				6:00-9:30pm Open Gym	5:00-9:00pm Family Prime Time Open Gym		