



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST SIDE FAMILY Y
November 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Single Person Shoot Around 5:00am-5:15am	Single Person Shoot Around 5:00am-5:15am	Single Person Shoot Around 5:00am-7:00am	Single Person Shoot Around 5:00am-5:15am	Single Person Shoot Around 5:00am-8am	Special Olympics 7am-8am 11/5,11/12	Single Person Shoot Around 1:00pm-5:50pm
Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6:15am	GYM CLOSED Lakeside Prep Academy 7am-8am	Ultimate Fit 5:30am-6:15am	Total Body 8:00am-8:45am	Ultimate Fit 8am-8:45am	
Single Person Shoot Around 6:30am-8:00am	Single Person Shoot Around 6:30am-9:45am	Kickboxing 8am-8:45am	Single Person Shoot Around 6:30am-9:45am	Kickboxing 9am-9:45am	Dance Fitness/Zumba 9:45am-10:45am	
Total Body 8:00am-8:45am	Home School PE 10am-12pm	Ultimate Fit 9am-9:45am	Home School PE 10am-12pm	Single person Shoot Around 10am-5pm		
Ultimate Fit 9:00-9:45am	Single Person Shoot Around 12:15pm-5pm	Pickleball 11am-12:30pm	Single Person Shoot Around 12pm-5:30pm	FIRST FRIDAY TEEN EVENT 5PM-7PM	Family Basketball (NO full court) 11am-3pm	
Pickleball 11am-12:30pm	Family Basketball (NO FULL COURT) 5pm-7pm ** NO GYM 11/29	Single Person Shoot Around 12:45pm-6:45pm	Ultimate Fit 5:30pm-6:15pm		Single Person Shoot Around 3pm-5:30pm	
Single Person Shoot Around 12:45pm-5:15pm	Full Court Basketball 7pm-9:30pm	Gym Closed Private Event 7pm-9pm	Full Court Basketball 7pm-9:30pm			
Ultimate Fit 5:30pm-6:15pm	Gym Closed 11/29 Soccer Shots 5pm-6pm					
Full Court Basketball 7pm-9:30pm	GYM CLOSED 11/1 4pm-5:30pm NAVY	GYM CLOSSES AT 6PM ON 11/23	THANKSGIVING DAY CLOSED			

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