



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

PILOT FAMILY YMCA
January 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
OPEN GYM 5:00am-5:15am	OPEN GYM 5:00am-5:15am	OPEN GYM 5:00am-5:15am	OPEN GYM 5:00am-5:15am	OPEN GYM 5:00am-5:15am	Ultimate Fit 7am-8am	OPEN GYM 1:00pm-4:00pm
Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6:15am	KINDERHOOPS 8am-12pm	Full Court Basketball 4pm-6pm
OPEN GYM 6:30am-8:00am	OPEN GYM 6:30am-9:45am	OPEN GYM 6:30am-8:00am	OPEN GYM 6:30am-9:45am	Total Body 8:00am-9am		
Total Body 8:00am-9am	Home School PE 10am-12pm	Kickboxing 8:00am-8:45am	Home School PE 10am-12pm	Kickboxing 9:30am-10:15am		
Ultimate Fit 9:00-9:45am	OPEN GYM 12:15pm-5pm	Ultimate Fit 9am-9:45am	OPEN GYM 12pm-5:15pm	OPEN GYM 10:30am-9pm	Family Basketball (NO full court) 12pm-3pm	
Pickleball 11am-12:30pm	Gym Closed Soccer Shots 5pm-6pm	Pickleball 11am-12:30pm	Ultimate Fit 5:30pm-6:15pm	Gym Closed First Friday Teen Event 5pm-7pm	OPEN GYM 3pm-5:30pm	
OPEN GYM 12:45pm-5:15pm	Full Court Basketball 7pm-9:30pm	OPEN GYM 12:45pm-5pm	Full Court Basketball 7pm-9:30pm			
Ultimate Fit 5:30pm-6:15pm	JANUARY 3rd 3:30pm-5pm NAVY					
Full Court Basketball 7pm-9:30pm		Gym Closed Private Event 7pm-9pm				

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