



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

**PILOT FAMILY YMCA
 NOVEMBER 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		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		Full Court Basketball 4pm-6pm
OPEN GYM 6:30am-9am	OPEN GYM 6:30am-9:45am	OPEN GYM 6:30am-8:00am	OPEN GYM 6:30am-9:45am	Total Body 8:00am-9am	Total Definition 8am-9am	
Ultimate Fit 9:00am-9:45am	Homeschool PE 10am-12pm	Kickboxing 8:00am-8:45am	Homeschool PE 10am-12pm	Kickboxing 9:30am-10:15am	Open Gym 9am-12pm	
	OPEN GYM 12:15pm-7pm	Ultimate Fit 9am-9:45am	OPEN GYM 12pm-5pm	*OPEN GYM 10:30am-9pm	Family Basketball (NO full court) 12pm-3pm	
Pickleball 11am-12:30pm	November 7th Gym CLOSED 8am-10am 1pm-3pm	Pickleball 11am-12:30pm		November 17th Thanksgiving Potluck 11am-2pm		
OPEN GYM 12:45pm-5:15pm	Navy (When Needed) 3:30-5pm	OPEN GYM 12:45pm-5:50pm	Total Body 5:30pm-6:15pm	November 3rd Teen Night 5pm-7pm Gym Closed		
Ultimate Fit 5:30pm-6:15pm		Core and Stretch 6pm-6:45pm	Full Court Basketball 7pm-9pm		Open Gym 3pm-5:30pm	
Full Court Basketball 7pm-9:30pm	Full Court Basketball 7pm-9pm	*November 1st Senior Expo 9am-2pm	CLOSED November 23rd			
		Gym Closed Private Event 7pm-9pm				



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