



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

**PILOT FAMILY YMCA
 AUGUST 2024**

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	Les Mills Combat 8:30am-9:30am	OPEN GYM 1:00pm-4:00pm
Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6 5:15am	Ultimate Fit 5:30am-6:15am	Ultimate Fit 5:30am-6:15am		Full Court Basketball 4pm-6pm
OPEN GYM 6:30am-8:45am	OPEN GYM 6:30am-9:45am	OPEN GYM 6:30am-8:00am	OPEN GYM 6:30am-9:45am	Total Body 8:00am-9am		
Ultimate Fit 9:00am-9:45am	Sports and Splash/ Homeschool PE 10:00am-12:30pm	Les Mills Combat 8:00am-8:45am	Sports and Splash/ Homeschool PE 10:00am-12:30pm	Les Mills Combat 9:30am-10:30am		
	Athlete Support Club 12:45pm- 2:45pm Gym Closed	Ultimate Fit 9am-9:45am	Athlete Support Club 12:45pm- 2:45pm Gym Closed		Family Basketball (NO full court) 12:30pm-3pm	
Pickleball 11am-12:30pm	Open Gym 2:45pm-7pm		Open Gym 2:45pm-5:45pm			
OPEN GYM 12:45pm-5:15pm	Navy (When Needed) 3:30-5:30pm	Pickleball 11am-12:30pm	Ultimate Fit 5:15pm-6:15pm	*Open Gym 10:30am-5pm Family Basketball (NO full Court) 5pm-7pm		
Ultimate Fit 5:15pm-6:15pm		Open Gym 12:45pm-6:45pm			Open Gym 3pm-5:30pm	
Full Court Basketball 7pm-9:30pm	Full Court Basketball 7pm-9:30pm	GYM Closed Private Event 7pm-9pm	Full Court Basketball 7:30pm-9:30pm	Full Court Basketball 7pm-9:30pm		-----



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