



FOR YOUTH DEVELOPMENT®  
**FOR HEALTHY LIVING**  
 FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

**PILOT FAMILY YMCA  
 OCTOBER 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Les Mills Combat 8:30am-9:30am	
Ultimate Fit 9am-9:45am	<b>Homeschool PE 10am-12pm</b>	Les Mills Combat 8am-8:45am	<b>Homeschool PE 10am-12pm</b>	Total Body 8am-9am		Full Court Basketball 4pm-6pm
CORE 9:50am-10:30am		Ultimate Fit 9am-9:45am		Les Mills Combat 9:15am-10:15am		
Pickleball 11am-12:30pm		CORE 9:50am-10:30am				
Ultimate Fit 5:15pm-6:15pm	<b>Navy 3:30-5:30pm</b>	Pickleball 11am-12:30am	Ultimate Fit 5:15pm-6:15pm	<b>GYM CLOSED October 11<sup>th</sup> 11am-1pm</b>	Family Basketball (NO full court) 12:30pm-3pm	
<b>GYM CLOSED October 7<sup>th</sup> 2pm-4pm</b>	<b>GYM CLOSED October 8<sup>th</sup> 2pm-4pm</b>	<b>GYM CLOSED October 9<sup>th</sup> 2pm-4pm</b>	<b>GYM CLOSED October 10<sup>th</sup> 2pm-4pm</b>	<b>GYM CLOSED October 11<sup>th</sup> 2pm-4pm</b>		
Full Court Basketball 7pm-9:30pm	Full Court Basketball 7pm-9:30pm	<b>GYM CLOSED Private Event 7pm-9pm</b>	Full Court Basketball 7pm-9:30pm	Family Basketball (NO full Court) 5pm-7pm		
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Updated: 8/11/2020



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Updated: 8/11/2020