



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

PILOT FAMILY YMCA
January 2025

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		
Ultimate Fit 9am-9:45am	Homeschool PE 10am-12pm	Les Mills Combat 8am-8:45am	Homeschool PE 10am-12pm	Total Body 8am-9am	GYM CLOSED 8:45-1pm KinderHoops	Full Court Basketball 4pm-6pm
CORE 9:50am-10:30am		Ultimate Fit 9am-9:45am		Les Mills Combat 9:15am-10:15am		
Pickleball 10:30am-1pm		CORE 9:50am-10:30am		Pickleball 10:30am-1pm		
Ultimate Fit 5:15pm-6:15pm	Navy 3:30-5:30pm	Pickleball 10:30am-1pm	Ultimate Fit 5:15pm-6:15pm		Family Basketball (NO full court) 1pm-3pm	
Full Court Basketball 7pm-9:30pm	Full Court Basketball 7pm-9:30pm	GYM CLOSED Private Event 7pm-9pm	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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