

RULE THE COURT



GYMNASIUM SCHEDULE SEPTEMBER 2025

MONDAY

5:30am-6:30am
OPEN GYM*

YMCA Group Fit Class
may use the Gym due to
inclement weather outside

6:30am-8:45am
OPEN GYM

8:45am-10:00am
**YMCA
GROUP FIT
CLASS**

10:00am-10:20am
OPEN GYM

10:20am-1:15pm
PICKLEBALL

1:15pm-5:15pm
OPEN GYM

5:15pm-6:30pm
**YMCA
GROUP FIT
CLASS**

6:30pm-9:45pm
OPEN GYM
Full Court use
permitted after 7 PM
if space allows

TUESDAY

5:30am-6:30am
OPEN GYM*

YMCA Group Fit Class
may use the Gym due to
inclement weather outside

6:30am-10:00am
OPEN GYM

10:00am-11:00am
HALF GYM*

YMCA Youth Program
will use half Gym for
Homeschool P.E.

11:00am-11:45am
OPEN GYM

11:45am-2:00pm
HALF GYM*

YMCA Small Group
Personal Training will use
front half of the Gymnasium

2:00pm-9:45pm
OPEN GYM
Full Court use
permitted after 7 PM
if space allows

WEDNESDAY

5:30am-6:30am
**YMCA
GROUP
FITNESS
CLASS**

6:30am-8:45am
OPEN GYM

8:45am-10:00am
**YMCA
GROUP FIT
CLASS**

10:00am-10:20am
OPEN GYM

10:20am-1:15pm
PICKLEBALL

1:15pm-7:00pm
OPEN GYM

7:00pm-9:00pm
GYM CLOSED

9:00pm-9:45pm
OPEN GYM

THURSDAY

5:30am-6:30am
OPEN GYM*

YMCA Group Fit Class
may use the Gym due to
inclement weather outside

6:30am-10:00am
OPEN GYM

10:00am-11:00am
HALF GYM*

YMCA Youth Program
will use half Gym for
Homeschool P.E.

11:00am-11:45am
OPEN GYM

11:45am-1:15pm
HALF GYM*

YMCA Small Group
Personal Training will use
front half of the Gymnasium

1:15pm-5:15pm
OPEN GYM

5:15pm-6:30pm
**YMCA
GROUP FIT
CLASS**

6:30pm-9:45pm
OPEN GYM

FRIDAY

5:30am-6:30am
**YMCA
GROUP
FITNESS
CLASS**

6:30am-8:00am
OPEN GYM

8:00am-10:15am
**YMCA
GROUP FIT
CLASS**

10:20am-1:15pm
PICKLEBALL

1:15pm-9:45pm
OPEN GYM
Full Court use
permitted after 7 PM
if space allows

SATURDAY

7:00am-6:00pm
OPEN GYM
Full Court use
permitted after 4 PM
if space allows

SUNDAY

1:00pm-6:00pm
OPEN GYM
Full Court use
permitted after 4 PM
if space allows

- OPEN GYM REGULATIONS -
All members under 8 years old
must be actively supervised by an
adult present in the gym.
Gym is to be shared amongst all
users for basketball or open play.
Full court play is only available as
indicated on the schedule.
Please follow all rules as posted
in the gymnasium.

- YMCA PROGRAMS -
OR OUTSIDE GROUP USAGE
Times are reserved for scheduled
YMCA programs or rentals.
The Y reserves the right to use
the gym for Y programs or events
with or without notice, although
we strive to provide at as much
notice as possible.



PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee