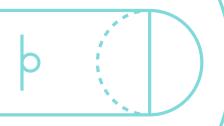
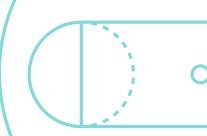
RULE THE COURT







GYMNASIUM SCHEDULE .TOBER 2025

MONDAY

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

YMCA Group Fit Class may use the Gym due to nclement 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 snace allows

TUESDAY

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

YMCA Group Fit Class may use the Gym due to nclement 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 ont half of the Gymnasiun

3:30pm-5:00pm -- NAVY --**FIRST TUESDAY**

5:00pm-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 nclement 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 ront half of the Gymnasiur

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-8:45am **OPEN GYM**

8:45am-11:00am YMCA YOUTH **SPORTS PROGRAMS**

11:00am-5:45pm **OPEN GYM**

permitted after 4 PM if space allows

- OPEN GYM REGULATIONS -

SUNDAY

1:00pm-5:45pm

OPEN GYM Full Court use

permitted after 4 PM

if space allows

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 poste.

- YMCA PROGRAMS -

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 advanced notice.



PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee