Gym Schedule

FALL 2024 (Beginning AUG 19, 2024)

	Sunday Monday					Tuesday							Thursday	Thursday				Saturday			
Time	Side A (Full Court)	Side B	Side C	Side A (Full Court)	Side B	Side C	Side A	Side B	Side C	Side A	Side B	Side C	Side A	Side B	Side C	Side A	Friday Side B	Side C	Side A (Full Court)	Side B	Side C
5:00 AM	(Full Court)	Side B	Side C	(Full Court)	Side B	Side C	(Full Court)	Side B	Side e	(Full Court)	Side B	Side C	(Full Court)	Side B	Side C	(Full Court)	Side B	Side C	(Full Court)	Side B	Side e
5:30 AM																					
6:00 AM																					
6:30 AM				Open Gym			Open Gym			Open Gym			Open Gym								
7:00 AM				5:00AM -			5:00AM -			5:00AM -			5:00AM -								
7:30 AM				9:00AM	Pick	deball	9:00AM	Pick	leball	9:00AM	Pick	leball	9:00AM	Pic	kleball		Pick	leball			
8:00 AM					1.0	D		1.0	Dd		1.0	D		1.6	. D		1.0	D			
8:30 AM						Reserved rt Open			Reserved rt Open			Reserved rt Open			Reserved urt Open			Reserved rt Open			
9:00 AM					5:00AM-12:00PM		High Fitness (Group Ex)	5:00AM-12:00PM		High Fitness (Group Ex)	5:00AM-12:00PM			5:00AM-12:00PM			5:00AM-12:00PM				
9:30 AM				High Fitness (Group Ex)									High Fitness (Group Ex)								
10:00 AM																					
10:30 AM																					
11:00 AM																					
11:30 AM																				Open Com	
12:00 PM																			7:	Open Gym 00AM-5:00F	
12:30 PM																Open Gym					
1:00 PM			Open Gym										Open Gym			5:00AM -					
1:30 PM			12:00-										10:30AM -			9:00PM					
2:00 PM	Open	Gym	3:00PM										5:00PM								
2:30 PM	12:00-5																				
3:00 PM				Open Gym			Open Gym			Open Gym											
3:30 PM			Pickleball	10:30AM - 9:00PM			10:30AM - 9:00PM			10:30AM - 9:00PM											
4:00 PM			3:00-	J:UUPM	Open Gym		3:00PM	Open Gym		3:00FM	Open Gym			Open Gym			Open Gym				
4:30 PM			5:00PM		12:00- 9:00PM	12:00- 9:00PM		12:00- 9:00PM	12:00- 9:00PM		12:00- 9:00PM	12:00- 9:00PM		12:00- 9:00PM	12:00- 9:00PM		12:00- 9:00PM	12:00- 9:00PM			
5:00 PM					J.0011M	J.001 W		3.001141	3.001141		J.00FM	J.00FM		J.001 M	J.00FM		J.001 M	3.00114			
5:30 PM																					
6:00 PM													Volleyball League								
6:30 PM													5:00-								
7:00 PM													8:00PM								
7:30 PM																					
8:00 PM													Open Gym								
8:30PM													8-9PM								
	Prog	jram Area	- Register	ed Progra	m Partic <u>i</u> p	ants										Crown Fuscion Class				I D	- * : - : - : - :
LEGEND:	Areas are only open to registered participants of that						Open Gym - No Reservation Required				Gym Closed				Group Exercise Class				Pickleball - Reservations on YCLT+ App		
		program.														Reserve your spot on the Y App				тсьт+ Арр	7
								Gym	Schedule i	s subject t	to change	without n	otice								