

# Gym Schedule

## SPRING 2024

| Time     | Sunday  |        |        | Monday                        |                       |                       | Tuesday                            |                          |                       | Wednesday                 |                       |                          | Thursday   |                       |                       | Friday                                 |                       |                       | Saturday                  |                        |                       |  |                       |                       |
|----------|---|--------|--------|-------------------------------|-----------------------|-----------------------|------------------------------------|--------------------------|-----------------------|---------------------------|-----------------------|--------------------------|--|-----------------------|-----------------------|--|-----------------------|-----------------------|---------------------------|------------------------|-----------------------|--|-----------------------|-----------------------|
|          | Side A (Full Court)   | Side B | Side C | Side A (Full Court)           | Side B                | Side C                | Side A (Full Court)                | Side B                   | Side C                | Side A (Full Court)       | Side B                | Side C                   | Side A (Full Court)                                    | Side B                | Side C                | Side A (Full Court)                    | Side B                | Side C                | Side A (Full Court)       | Side B                 | Side C                |  |                       |                       |
| 5:00 AM  | Gym Closed  |        |        | Open Gym 5:00AM - 9:00AM      | Pickleball            |                       |                                    | Open Gym 5:00AM - 9:00AM | Pickleball            |                           |                       | Open Gym 5:00AM - 9:00AM | Pickleball   |                       |                       | Open Gym 5:00AM - 9:00AM               | Pickleball            |                       |                           | Open Gym 7:00AM-5:00PM |                       |  |                       |                       |
| 5:30 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 6:00 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 6:30 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 7:00 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 7:30 AM  | Gym Closed  |        |        | High Fitness (Group Ex)       | 5:00AM-12:00PM        |                       |                                    | High Fitness (Group Ex)  | 5:00AM-12:00PM        |                           |                       | High Fitness (Group Ex)  | 5:00AM-12:00PM   |                       |                       | High Fitness (Group Ex)                | 5:00AM-12:00PM        |                       |                           |                        |                       |  |                       |                       |
| 8:00 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 8:30 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 9:00 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 9:30 AM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 10:00 AM | Open Gym 12:00-5:00PM   |        |        | Open Gym 10:30AM - 9:00PM     | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 10:30AM - 9:00PM          | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM | Open Gym 10:30AM - 9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM    | Open Gym 10:30AM - 9:00PM                              | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 10:30AM - 9:00PM              | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 10:30AM - 9:00PM |                        |                       |  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM |
| 10:30 AM |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 11:00 AM |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 11:30 AM |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 12:00 PM |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 12:30 PM | Open Gym 12:00-5:00PM   |        |        | Pickleball 3:00-5:00PM        | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM              | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM                                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM  | Open Gym 12:00-9:00PM |  |                       |                       |
| 1:00 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 1:30 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 2:00 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 2:30 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 3:00 PM  | Gym Closed  |        |        | Volleyball League 5:00-8:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM              | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM                                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM  | Open Gym 12:00-9:00PM |  |                       |                       |
| 3:30 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 4:00 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 4:30 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 5:00 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 5:30 PM  | Gym Closed  |        |        | Open Gym 8-9PM                | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM              | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM                                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM  | Open Gym 12:00-9:00PM |  |                       |                       |
| 6:00 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 6:30 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 7:00 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 7:30 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| 8:00 PM  | Gym Closed  |        |        | Open Gym 12:00-9:00PM         | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM              | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM    | Open Gym 12:00-9:00PM                                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM                  | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM | Open Gym 12:00-9:00PM     | Open Gym 12:00-9:00PM  | Open Gym 12:00-9:00PM |  |                       |                       |
| 8:30 PM  |   |        |        |                               |                       |                       |                                    |                          |                       |                           |                       |                          |  |                       |                       |  |                       |                       |                           |                        |                       |  |                       |                       |
| LEGEND:  | Program Area - Registered Program Participants<br>Areas are only open to registered participants of that program. |        |        |                               |                       |                       | Open Gym - No Reservation Required |                          |                       | Gym Closed                |                       |                          | Group Exercise Class<br>Reserve your spot on the Y App |                       |                       | Pickleball - Reservations on YCLT+ App |                       |                       |                           |                        |                       |  |                       |                       |

\*Gym Schedule is subject to change without notice\*