

# HINES GYMNASIUM

## January

### MONDAY

5:00am - 5:45am	Open Gym
6:00am-6:45am	Athletic Conditioning
7:00am-11:45am	Open Gym
12:00pm-12:45pm	Athletic Conditioning
1:00pm-4:45pm	Open Gym
5:00pm-6:00pm	Youth Basketball Practice
6:15pm-6:30pm	Open Gym
6:45pm-7:30pm	Athletic Conditioning
7:45pm-11:00pm	Open Gym

### TUESDAY

5:00am - 9:15am	Open Gym
9:30am-10:30am	Athletic Conditioning
10:45am-12:15pm	Open Gym
12:30pm-1:15pm	Total Strength
1:30pm-5:45pm	Open Gym
5:00pm-6:00pm	Youth Basketball Practice
6:15pm-6:30pm	Open Gym
6:45pm-7:30pm	Athletic Conditioning
7:45pm-11:00pm	Open Gym

### WEDNESDAY

5:00am - 5:15am	Open Gym
5:30am - 5:50am	Abs
6:15am-7:00am	Athletic Conditioning
7:15am-9:15am	Open Gym
9:30am-10:30am	Athletic Conditioning
10:45am-11:15am	Open Gym
11:30am-12:15pm	Circuit Training
12:30pm-5:15pm	Open Gym
5:30pm-6:15pm	Athletic Conditioning
6:30pm-7:30pm	Youth Basketball Practice
8:00pm-11:00pm	Open Gym

### THURSDAY

5:00am - 5:45am	Open Gym
6:00am-7:00am	Athletic Conditioning
7:15am-9:15am	Open Gym
9:30am-10:30am	Athletic Conditioning
10:45am-12:15pm	Open Gym
12:30pm-1:15pm	Athletic Conditioning
5:00pm-6:00pm	Youth Basketball Practice
6:45pm-7:30pm	Athletic Conditioning
7:45pm-8:45pm	Youth Basketball Practice
8:00pm-11:00pm	Open Gym

### FRIDAY

5:00am -5:45am	Open Gym
6:00am-7:00am	Total Strength
7:15am-12:15pm	Open Gym
12:30pm-1:15pm	Cardio Strength
1:30pm-4:45pm	Open Gym
5:00pm-8:00pm	Youth Basketball Practice
8:15pm-10:00pm	Open Gym

### Saturday

7:45am-8:30am	Circuit Training
9:00am-10:00am	Athletic Conditioning
10:15am-11:15am	Total Strength
11:30am-8:00pm	Open Gym

### Sunday

12:00pm-8:00pm	Open Gym
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- When a Group Exercise Class is in session, the ENTIRE gym will be closed and reserved for the scheduled class. Instructor may be subject to change. Please visit our website for the most up to date schedule: [ymcacharlotte.org/dowd](http://ymcacharlotte.org/dowd).
- **OPEN GYM** is reserved for shoot around
- Transition times before and after group ex classes will vary depending on the class setup needs. Shooting/playing basketball is not allowed during these transition times.

# UNDERWOOD GYMNASIUM

## January

### MONDAY

5:00am - 9:55am	Open Gym
10:00am - 1:00pm	Pick-up Play
1:05pm - 3:55pm	Open Gym
4:00pm - 6:45pm	Pick-up Play (Full-court only)
6:45pm-10:00pm	Adult Basketball League
10:05pm - 11:00pm	Open Gym

### TUESDAY

5:00am - 9:55am	Open Gym
10:00am - 1:00pm	Pick-up Play
1:05pm - 3:55pm	Open Gym
4:00pm - 6:45pm	Pick-up Play (Full-court only)
6:45pm-10:00pm	Adult Basketball League
10:05pm - 11:00pm	Open Gym

### WEDNESDAY

5:00am - 9:55am	Open Gym
10:00am - 1:00pm	Pick-up Play
1:05pm - 3:55pm	Open Gym
4:00pm - 6:45pm	Pick-up Play (Full-court only)
6:45pm-10:00pm	Adult Basketball League
10:05pm - 11:00pm	Open Gym

### THURSDAY

5:00am - 9:55am	Open Gym
10:00am - 1:00pm	Pick-up Play
1:05pm - 3:55pm	Open Gym
4:00pm - 6:45pm	Pick-up Play (Full-court only)
6:45pm-10:00pm	Adult Basketball League
10:05pm - 11:00pm	Open Gym

### FRIDAY

5:00am - 9:55am	Open Gym
10:00am - 1:00pm	Pick-up Play
1:05pm - 4:45pm	Open Gym
5:00pm - 8:00pm	Youth Basketball League
8:15pm - 10:00pm	Open Gym

### SATURDAY

7:30am - 7:00pm	Youth Basketball League
7:15pm-8:00pm	Open Gym

### Sunday

12:00pm - 3:00pm	Pick-up Play (Full-court only)
3:00pm-5:30pm	Youth Basketball League

- **OPEN GYM** is reserved for shoot around
- **PICK-UP PLAY** is designated for play monitored by a YMCA staff member
- **FULL COURT GAMES** will be played from 4:00 PM—7:00 PM (M-F), 9:00 AM-2:00 PM (SAT) and 12:00 PM—3:00 PM (SUN)
- Please note that Underwood Gym will be reserved for our Youth Basketball League from 5:00 PM-8:00 PM (FRI).
- Please note that Underwood Gym will be reserved for our Youth Basketball League from 7:30 AM-7:00 PM (SAT)
- Please note that Underwood Gym will be reserved for our Youth Basketball League from 3:00 PM-5:30 PM on select (SUN): Jan 12th, Jan 26th, Feb 9th