



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE – COURT 1

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
6 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED
8 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Body Pump	CLOSED
9 am	H.I.I.T. 9am to 9:45am	Open Gym	H.I.I.T. 9:00am to 9:45am	Open Gym	H.I.I.T. 9am to 9:45am	Open Gym	CLOSED
10 am	Body Pump	Tabata 10am to 10:45am	Body Pump	Tabata 10am to 10:45am	Body Pump	Open Gym	CLOSED
11 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Body Pump
12 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
1 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
3 pm	Reserved for After-School Teens	Reserved for After-School Teens	Reserved for After-School Teens	Reserved for After-School Teens	Reserved for After-School Teens	Open Gym	Open Gym
4 pm						Open Gym	Open Gym
5 pm						Open Gym	Open Gym
6 pm	Body Pump	Open Gym	Body Pump	Youth Volleyball	Open Gym	CLOSED	CLOSED
7 pm	Open Gym	Open Gym	Open Gym	Youth Volleyball	Open Gym	CLOSED	CLOSED
8 pm	Open Gym	Open Gym	30+ Basketball	Open Gym	Open Gym	CLOSED	CLOSED
9 pm	Open Gym	Open Gym	30 + Basketball	Open Gym	Open Gym	CLOSED	CLOSED



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GYMNASIUM SCHEDULE – COURT 2

JAMES P. GILLS FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
6 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED
7 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	18+ Pickup Basketball	CLOSED
8 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	18+ Pickup Basketball	CLOSED
9 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED
10 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED
11 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
12 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
1 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
3 pm	Reserved for After-School Teens	Reserved for After-School Teens	Reserved for After-School Teens	Reserved for After-School Teens	Reserved for After-School Teens	Open Gym	Open Gym
4 pm						Open Gym	Open Gym
5 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
6 pm	Open Gym	Open Gym	Open Gym	Youth Volleyball	Open Gym	CLOSED	CLOSED
7 pm	Open Gym	Open Gym	Open Gym	Youth Volleyball	Open Gym	CLOSED	CLOSED
8 pm	Open Gym	Open Gym	Open Gym	Adult Volleyball	Open Gym	CLOSED	CLOSED
9 pm	Open Gym	Open Gym	Open Gym	Adult Volleyball	Open Gym	CLOSED	CLOSED