



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	Youth All Star Sports	H.I.I.T. 9:00am to 9:45am	Open Gym	H.I.I.T. 9am to 9:45am	Youth Basketball	CLOSED
10 am	Body Pump	Tabata 10am to 10:45am	Body Pump	Tabata 10am to 10:45am	Body Pump	Youth Basketball	CLOSED
11 am	Open Gym	Youth All Star Sports	Open Gym	Youth All Star Sports	Open Gym	Youth Basketball	Body Pump
12 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball	Open Gym
1 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball	Open Gym
2 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball	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	Youth Basketball	Open Gym
4 pm						Youth Volleyball	Open Gym
5 pm						Youth Volleyball	Open Gym
6 pm	Body Pump	Youth Basketball	Body Pump	Youth Volleyball	Youth Basketball	CLOSED	CLOSED
7 pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Volleyball	Youth Basketball	CLOSED	CLOSED
8 pm	Youth Basketball	Youth Basketball	30+ Basketball	Adult Volleyball	Youth Basketball	CLOSED	CLOSED
9 pm	Open Gym	Open Gym	30 + Basketball	Adult Volleyball	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	Youth Basketball	CLOSED
10 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball	CLOSED
11 am	Open Gym	Youth Gymnastics	Open Gym	Open Gym	Youth Gymnastics	Youth Basketball	Open Gym
12 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball	Open Gym
1 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball	Open Gym
2 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Basketball	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	Youth Volleyball	Open Gym
4 pm						Youth Volleyball	Open Gym
5 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Volleyball	Open Gym
6 pm	Open Gym	Youth Basketball	Open Gym	Youth Volleyball	Youth Basketball	CLOSED	CLOSED
7 pm	Youth Basketball	Youth Basketball	Youth Basketball	Youth Volleyball	Youth Basketball	CLOSED	CLOSED
8 pm	Youth Basketball	Youth Basketball	Open Gym	Open Gym	Youth Basketball	CLOSED	CLOSED
9 pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED