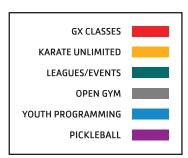


Pav YMCA

GYM SCHEDULE (SUBJECT TO CHANGE)

Spring Session I 2/19/2024-4/14/2024



*North & South Courts are available during select times only. There will be LIMITED OPEN GYM availability during camp, School's Out Days, blood drives, Group Exercise classes, sports programming, or during any other scheduled event.

*Gym closes at: 8:45p Mon-Fri & 2:45p Sat-Sun

6:00 AM 6:15 AM 6:30 AM 6:45 AM 7:00 AM 7:15 AM 7:30 AM 8:00 AM 8:15 AM 9:00 AM 9:15 AM 9:00 AM 9:15 AM 9:30 AM 9:15 AM 10:00 AM 10:15 AM 10:20 AM 11:5 AM	Opens 8am	Opens 6am Open Gym S. Gym 6a-8:45p 6-9:30a GX Class Boot Camp	Opens 6am Open Gym Gym S. Gym N. Gym 6a-7p 6-8:30a GX Class Active Older Adults N. Gym 6-8:30a Open Gym N. Gym Older Adults N. Gym Older Adults S.00-8:55 Open Gym N. Gym	Opens 6am Open Gym 5. Gym 6a-&.45p 6-9:30a	Opens Gam Open Gym S, Gym Ga-4:30p GX Class Shake & Twist N, Gym 8:00-	Opens 6am Open Open Gym Gym 5. Gym N. Gym 6a-8:45p 6-9:30a	Opens 7am Open Open Gym Gym S. Gym N. Gym 7-8:45a GX Class Boot Cam
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11:45 AM		10:30а-бр	10:30a- 4:15p	N. Gym	6:30p	N. Gym	Gym Little
				11a-2p		11a-2p	S. Gym Ballers 11a- N. Gym
12:00 PM							2:45p 11:30a-12
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1:15 PM							Basketb
1:30 PM							N. Gym 1:15-2p*
1:45 PM							1:15-20
2:00 PM							
2:15 PM							Open Gy
2:30 PM							N. Gym 2:15–2:45
2:45 PM*							2;15-2;15
3:00 PM		-					
3:15 PM		-					
3:30 PM							
3:45 PM	Basketball League			Little		Little	
4:00 PM	North & South Gyms			Kickers		Ballers N. Gym	
4:15 PM	3:30-5:30p		Adv.	N. Gym 4-4:30p*		4-4:30p*	
4:30 PM	-		Youth	Youth	Youth	Vouth	
4:45 PM	-		Soccer N. Gym	Soccer	Volleyball	Youth Basketball	
5:00 PM	-		4:30- 5:15p*	N. Gym 4:30-5:15p	S. Gym 4:45-	N. Gym 4:45-	
5:15 PM	-			Youth	5:30p*	4:45- 5:30p	
5:30 PM			Adv. Youth	Soccer	Youth	Youth	
5:45 PM	1		Soccer	N. Gym 5:15-6p	Volleyball	Basketball	
6:00 PM	1	GX Class	N. Gym 5:15-бр*	GX Class	S. Gym 5:45-6:30p	N. Gym 5:45-	
6:15 PM		Strength &	Open	Strength &	9,49=0:50p	6:30p*	
6:30 PM		Tone	Gym	Tone			
6:45 PM		N. Gym 6-6:50p	N. Gym 6:15-7p	N. Gym 6-7p	Volleyball League		
7:00 PM	1	Open Gym			North & South Gyms	Open Gym	
7:15 PM		Open Gym N. Gym 7-8:45p	Indoor Soccer North & South Gyms	Open	6:30-10p	N. Gym 6:45-	
7:30 PM	1	7-8;45p	7–9p	Gym N. Gym		6:45- 8:45p	
7:50 PM				7-8:45p		8:45p	
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CLASSES		9:30-10:30a/6-6-50p	8-8:55a/9:30-10:30a	9:30-10:30a/6-7p	8-8:55a/9:30-10:30a	9:30-10:30a	8-9a
CLASSES	8-9a	9:30-10:30a/6-6:50p -	8-8:55a/9:30-10:30a _	9:30-10:30a/6-7p -	8-8:55a/9:30-10:30a _	9:30-10:30a -	8-9a 8:45-11a
ILIMITED	8-9a -	9:30-10:30a/6-6:50p - -	8-8:55a/9:30-10:30a - 7-9p	9:30-10:30a/6-7p -	8-8:55a/9:30-10:30a - 6:30-10p	9:30-10:30a - -	
	8-9a - 3:30-5:30p		-	9:30-10:30a/6-7p - - VARIOUS TIMES	-	9:30-10:30a - - VARIOUS TIMES	8:45-11a -
ILIMITED /EVENTS	8-9a - 3:30-5:30p VARIOUS TIMES	-	- 7-9p	-	- 6:30-10p	-	

YOUTH PROGRAMMING

PICKLEBALL

*Indicates a 15 minute window reserved for equipment setup/takedown for Youth Programming classes.

11a-2p

11a-2p