



Pav YMCA

# GYM SCHEDULE

(SUBJECT TO CHANGE)

**Spring Session 2**  
**4/17/2023-6/11/2023**

GX CLASSES	<span style="display:inline-block; width:15px; height:10px; background-color:red;"></span>
KARATE UNLIMITED	<span style="display:inline-block; width:15px; height:10px; background-color:orange;"></span>
LEAGUES/EVENTS	<span style="display:inline-block; width:15px; height:10px; background-color:teal;"></span>
OPEN GYM	<span style="display:inline-block; width:15px; height:10px; background-color:gray;"></span>
YOUTH PROGRAMMING	<span style="display:inline-block; width:15px; height:10px; background-color:blue;"></span>
PICKLEBALL	<span style="display:inline-block; width:15px; height:10px; background-color:purple;"></span>

\*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**

	SUN	MON	TUE	WED	THU	FRI	SAT
	Opens 8am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 7am
6:00 AM		Open Gym S. Gym 6a-7p	Open Gym S. Gym 6a-7p	GX Class Indoor Cycle N. Gym 6-7a	Open Gym S. Gym 6-11a	Open Gym S. Gym 6-11a	
6:15 AM		Open Gym N. Gym 6-8:30a	Open Gym S. Gym 6a-7p	Open Gym N. Gym 6-8:30a	Open Gym S. Gym 6a-5:15p	GX Class Indoor Cycle N. Gym 6-7a	
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM							
8:15 AM	Open Gym S. Gym 8a-2:45p						
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	*CLOSES AT 2:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 8:45P	*CLOSES AT 2:45P

	SUN	MON	TUE	WED	THU	FRI	SAT
GX CLASSES	8-9a	8:30-9:15a/ 9:30-10:30a/6-7p	6-7a/8-9a/ 9:30-10:30a	8:30-9:15a/ 9:30-10:30a/6-7p	6-7a/9:30-10:30a	9:30-10:30a	8-9a
KARATE UNLIMITED	-	-	-	-	-	-	8:45-11a
LEAGUES/EVENTS	-	7-10p	7-9p	-	6:30-10p	-	-
OPEN GYM	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES
YOUTH PROGRAMMING	-	-	2:45-6:45p	2:45-6p	5:15-6:30p	3:45-6:45p	-
PICKLEBALL	-	-	-	11a-2p	-	11a-2p	-