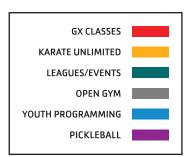


**Pav YMCA** 

**GYM SCHEDULE** (SUBJECT TO CHANGE)

## **Spring Session II** 4/15/2024-6/9/2024



\*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

	SUN Opens 8am	MON Opens 6am	TUE Opens 6am	WED Opens 6am	THU Opens 6am	FRI Opens 6am	SAT Opens 7am
6:00 AM	Opens dam						Opens 7 am
6:15 AM		Open Open Gym Gym	Open Open Gym Gym	Open Open Gym Gym	Open Open Gym Gym	Open Open Gym Gym	
6:30 AM		S. Gym N. Gym	S. Gym N. Gym	S. Gym N. Gym	S. Gym 6-8;30a	S. Gym N. Gym	
6:45 AM		6a-8:45p 6-9:30a	6a-8:45p 6-8:30a	6a-8;45p 6-9;30a	6a-4:30p	6a-8:45p 6-9:30a	
7:00 AM							Open Open
7:15 AM							Open Open Gym Gym
7:30 AM							S. Gym N. Gym
7:45 AM							7-8:45a 7-8a
8:00 AM	Open GX Class		GX Class		GX Class		GX Class
8:15 AM	Gym Indoor		Active Older		Shake & Twist		Boot Cam N. Gym
8:30 AM	S. Gym Cycle 8a-2:45p N. Gym		Adults N. Gym		N, Gym 8:00-		8-9a
8:45 AM	8-9a		8:00-8:55a		8:55a		
9:00 AM	Open		Open Gym N. Gym 8:55-9:30a		Open Gym N. Gym &55-9:30a		Karate Unlimite
9:15 AM 9:30 AM	Gym N. Gym	CV CL-				EX CL	North & South Gym 8:45a-11a
9:45 AM	9a-	GX Class Boot	Cardio	GX Class Boot	GX Class Interval	GX Class Cardio	
10:00 AM	2;45p	Camp N. Gym	Blast N. Gym	Camp N. Gvm	Training N. Gym	Blast N, Gym	
10:15 AM	-	9:30- 10:30a	9:30- 10:30a	N. Gym 9;30- 10:30a	9:30- 10:30a	9:30- 10:30a	
10:30 AM	-			Open Gym		Onen Gvm	
10:45 AM	-	Open	Open	N. Gym 10:30–11a	Open Gym	N. Gym 10:30–11a	
11:00 AM	-	Gym N. Gym	Gym N. Gym		N. Gym	Pickleball	
11:15 AM	1	10:30a-6j	10:30a-	Pickleball N. Gym	10:30a- 6:30p	N. Gym	Open Gym <mark>Little</mark>
11:30 AM			4:15p	11a-2p		11a-2p	S. Gym Ballers
11:45 AM							11a- N. Gym 2:45p 11:30a-12
12:00 PM							Youth
12:15 PM				Open		Open	Basketb
12:30 PM				Gym		Gym	N. Gym 12:15-1p
12:45 PM				N. Gym		N. Gym	12,13 10
1:00 PM				2-3 <b>:</b> 45p		2-3:45p	Youth
1:15 PM							Baskett N. Gym
1:30 PM	-						1;15-2p
1:45 PM	-						
2:00 PM 2:15 PM	-						Onen
2:15 PM 2:30 PM	-						Open G N. Gym 2:15-2:45
2:30 PM 2:45 PM*							2:15-2:45
3:00 PM		-					
3:15 PM							
3:30 PM							
3:45 PM				Little		Little	
4:00 PM				Kickers		Ballers N. Gym	
4:15 PM			Adv.	N. Gym 4-4:30p*		4-4:30p*	
4:30 PM			Youth Soccer	Youth	Youth	Youth	
4:45 PM			N. Gym 4:30-	Soccer N. Gym 4:30-5:15p	Volleyball S. Gym	Basketball N. Gym	
5:00 PM			5:15p*	4;30-5;15p	4:45- 5:30p*	4:45- 5:30p	
5:15 PM		_	Adv. Youth	Youth Soccer			
5:30 PM		-	Soccer	N. Gym	Youth Volleyball	Youth Basketball	
5:45 PM			N. Gym 5:15-6p*	5:15–6p	S. Gvm	N. Gym 5:45-	
6:00 PM		GX Class Strength &		GX Class Strength &	5:45-6:30p	6:30p*	
6:15 PM 6:30 PM		Tone	Open	Tone			
6:45 PM		N. Gym 6-6:50p	Gym N. Gym	N. Gym 6-7p	Volleyball League		
7:00 PM			6;15-8;45p		League North & South Gyms	Open Gvm	
7:15 PM		Open Gym N. Gym 7-8:45p		Open Gym	6:30-10p	<b>Gym</b> N. Gym 6:45-	
7:30 PM		N. Gym 7-8:45p		N. Gym		6:45- 8:45p	
7:45 PM				7-8:45p			
8:00 PM							
8:15 PM							
8:30 PM							
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9:15 PM 9:30 PM 9:45 PM	*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 2:45
9:15 PM 9:30 PM 9:45 PM	*CLOSES AT 2:45P SUN	*CLOSES AT 8:45P MON	*CLOSES AT 8:45P TUE	*CLOSES AT 8:45P WED	*CLOSES AT 8:45P THU	•CLOSES AT 8:45P FRI	*CLOSES AT 2:45F SAT
9:15 PM 9:30 PM 9:45 PM 10:00 PM			TUE				SAT 8-9a
9:15 PM 9:30 PM 9:45 PM 10:00 PM CLASSES LIMITED	SUN 8-9a -	MON 9:30-10:30a/6-6:50p -	TUE 8-8:55a/9:30-10:30a -	WED 9:30-10:30a/6-7p -	THU 8-8:55a/9:30-10:30a -	FRI 9:30-10:30a -	SAT 8-9a 8:45-11a
9:15 PM 9:30 PM 9:45 PM 10:00 PM CLASSES LIMITED /EVENTS	SUN 8-9a - -	MON 9:30-10:30a/6-6:50p - -	TUE 8-8:55a/9:30-10:30a - -	WED 9:30-10:30a/6-7p - -	THU 8-8:55a/9:30-10:30a - 6:30-10p	FRI 9:30-10:30a - -	SAT 8-9a 8:45-11a -
9:15 PM 9:30 PM 9:45 PM 10:00 PM CLASSES LIMITED	SUN 8-9a -	MON 9:30-10:30a/6-6:50p -	TUE 8-8:55a/9:30-10:30a - - VARIOUS TIMES	WED 9:30-10:30a/6-7p - - VARIOUS TIMES	THU 8-8:55a/9:30-10:30a - 6:30-10p VARIOUS TIMES	FRI 9:30-10:30a - - VARIOUS TIMES	SAT 8-9a 8:45-11a - VARIOUS TIMES
9:15 PM 9:30 PM 9:45 PM 10:00 PM CLASSES LIMITED /EVENTS	SUN 8-9a - -	MON 9:30-10:30a/6-6:50p - -	TUE 8-8:55a/9:30-10:30a - - VARIOUS TIMES 4:15-4:30p*/4:30-5:15p/	WED 9:30-10:30a/6-7p - - VARIOUS TIMES 3:45-4p'/4-4:30p/	THU 8-8:55a/9:30-10:30a - 6:30-10p VARIOUS TIMES 4:30-4:45p*/4:45-	FRI 9:30-10:30a - - VARIOUS TIMES 3:45-4p*/4-4:30p/ 4:45-5:30p/	8-9a 8:45-11a - VARIOUS TIMES 11:15-11:30a*/ 11:30a-12p/12:15-1p.
9:15 PM 9:30 PM 9:45 PM 10:00 PM CLASSES LIMITED /EVENTS PEN GYM	SUN 8-9a - -	MON 9:30-10:30a/6-6:50p - -	TUE 8-8:55a/9:30-10:30a - - VARIOUS TIMES	WED 9:30-10:30a/6-7p - - VARIOUS TIMES	THU 8-8:55a/9:30-10:30a - 6:30-10p VARIOUS TIMES	FRI 9:30-10:30a - - VARIOUS TIMES 3:45-4p*/4-4:30p/	SAT 8-9a 8:45-11a - VARIOUS TIMES 11:15-11:30a*/

YOUTH PROGRAMMING

PICKLEBALL

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