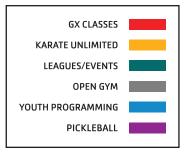


Pav YMCA

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

YOUTH PROGRAMMING

PICKLEBALL

		SUN	MON	TUE	WED	ТНО	FRI	SAT
		Opens 8am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 7am
	6:00 AM		Open Open	Open Open	Open Open	Open Open	Open Open	·
	6:15 AM		Gym Gym	Gym Gym	Gym Gym	Gym Gym	Gym Gym	
	6:30 AM		S. Gym N. Gym	S. Gym N. Gym	S. Gym N. Gym	S. Gym N. Gym	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							Onen Onen
	7:15 AM		1					Open Open Gym Gym
	7:30 AM		1					S. Gym N. Gym
	7:45 AM							7-8:45a 7-8a
	8:00 AM	Open GX Class		GX Class		GX Class		GX Class
LE	8:15 AM			Active Older		Shake & Twist		Boot Camp
	8:30 AM	S. Gvm Cycle		Adults		N. Gym		N. Gym 8-9a
GE)	8:45 AM	8a-2:45p N. Gym 8-9a		N. Gym 8:00-8:55a		8:00- 8:55a		0 30
G L)	9:00 AM	0,,,,,,	1	Open Gym		Open Gym		Karate Unlimited
	9:15 AM	Open Gym		N. Gym 8:55–9:30a		Open Gym N. Gym 8:55–9:30a		North & South Gyms
	9:30 AM	N. Gym	GX Class	GX Class	GX Class	GX Class	GX Class	8:45a-11a
	9:45 AM	9a-	Boot Camp	Cardio Blast	Boot Camp	Interval Training	Cardio Blast	
24	10:00 AM	2:45p	N. Gym	N. Gym 9:30-	N. Gym 9:30-	N. Gym	N. Gvm	
727	10:15 AM	1	9;30- 10;30a	9:30- 10:30a	9:30- 10:30a	9:30- 10:30a	9:30- 10:30a	
	10:30 AM		Onen	Onen	Open Gym	Open		
	10:45 AM		Open Gym	Open Gym	N. Gym 10:30–11a	Gym	Open Gym N. Gym 10:30-11a	
	11:00 AM		N. Gym	N. Gym	Pickleball	N. Gym 10:30a-	Pickleball	Open
	11:15 AM		10:30a-6p	10:30a-	N. Gym	6:30a- 6:30p	N. Gym	Gym Little
	11:30 AM			4:15p	11a-2p		11a-2p	s. Gym Ballers
	11:45 AM							11a- N. Gym 2:45p 11:30a-12p*
	12:00 PM	1						Youth
	12:15 PM				0		0	Youth Basketball
_	12:30 PM				Open Gym		Open Gym	N. Gym
	12:45 PM				N. Gym		N. Gym	12:15-1p
	1:00 PM	1			2-3:45p		2-3:45p	Youth
	1:15 PM	1						Basketball
	1:30 PM	1						N. Gym 1:15-2p*
	1:45 PM	1						1;13-2р
	2:00 PM	1						
	2:15 PM	1						Open Gym
	2:30 PM	1						Open Gym N. Gym 2:15-2:45p
	2:45 PM*		1					2.13 2.13
	3:00 PM		1					
	3:15 PM		1					
	3:30 PM		1					
	3:45 PM		1		Little		Little	
•	4:00 PM	1	1		Little Kickers		Ballers	
	4:15 PM		1	Adv.	N. Gym 4-4:30p*		N. Gym 4-4:30p*	
	4:30 PM		1	Youth	Youth	Youth	Vouth	
	4:45 PM		1	Soccer N. Gym	Soccer	Volleyball	Youth Basketball	
nt.	5:00 PM		1	4:30- 5:15p*	N. Gym 4:30-5:15p	S. Gym 4:45-	N. Gym 4:45-	
	5:15 PM	1	1		Youth	5:30p*	5:30p	
	5:30 PM		1	Adv. Youth	Soccer	Youth	Youth	
+.	5:45 PM			Soccer N. Gym	N. Gym 5:15-6p	Volleyball	Youth Basketball	
t:	6:00 PM	1	GX Class	5:15-6p*		5. Gym 5:45-6:30p	N. Gym 5:45- 6:30p*	
	6:15 PM	1	Strength &		GX Class	5.45-0:50p	6:30p*	
1	6:30 PM	1	Tone N. Gym	Open Gym	Strength &	Volloubell		
•	6:45 PM		6-6:50p	N. Gym	Tone N. Gym	Volleyball League		
un	7:00 PM	1	Open	6;15-8;45p	6:15-7:15p	North & South Gyms	Open Gvm	
uII	7:15 PM	<u> </u>	Gym		Onen	6:30-10p	Gym N. Gym 6:45-	
	7:30 PM	1	Gym N. Gym 7-8:45p		Open Gym		6:45- 8:45p	
	7:45 PM	1			N. Gym		J. 13P	
	8:00 PM	1			7:15-8:45p			
	8:15 PM	1						
	8:30 PM	1						
	8:45 PM*	1						
	9:00 PM	1	1					
	9:15 PM		1					
	9:30 PM	1	1					
	9:45 PM	<u> </u>	1					
	10:00 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 2:45P
			MON	TUE	WED	THU		
_	V 61 166	SUN					FRI	SAT
	X CLASSES	8-9a	9:30-10:30a/6-6:50p	8-8:55a/9:30-10:30a	9:30-10:30a/6:15-7:15p	8-8:55a/9:30-10:30a	9:30-10:30a	8-9a
	JNLIMITED	-	-	-	-	6:30-10p		8:45-11a
	S/EVENTS						- VARIOUS TIMES	- VARIOUS TIMES
	JDENI CAM	VARIOUS TIMES	VARIOUS TIMES	VARIOUS HATES	VARIOUS TIMES			
	OPEN GYM	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES		
(OPEN GYM RAMMING	VARIOUS TIMES -	VARIOUS TIMES	4:15-4:30p*/4:30-5:15p/	3:45-4p*/4-4:30p/	4:30-4:45p*/4:45-	3:45-4p*/4-4:30p/ 4:45-5:30p/	11:15-11:30a*/ 11:30a-12p/12:15-1p/
TH PROG		VARIOUS TIMES -	-				3:45-4p*/4-4:30p/	11:15-11:30a*/