

Pav YMCA

GYM SCHEDULE

(SUBJECT TO CHANGE)

Winter Session 1/8/2024-2/18/2024



*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	MON	TUE	WED	THU	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	Gvm 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	
5:45 AM		6a-8:45p 6-9:30a	6a-7p 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							Gym Gym
7:30 AM							S. Gym N. Gym
7:45 AM		1					7-8:45a 7-8a
8:00 AM	GX GX						GX Class
8:15 AM	Open Class						Boot Cam
8:30 AM	S. Gym Cycle		GX Class		GX Class		N. Gym 8-9a
8:45 AM	8a-2:45p N. Gym 8-9a		Active		Shake &		0-9a
9:00 AM	- 50	1	Older Adults		Twist N. Gym		
9:15 AM	Open		N. Gym 8:30-9:25a		8:30- 9:25a		Karate Unlimited North & South Gyms
9:30 AM	Gym N. Gym	CV Class	GX Class	CVClass		CVCI	8:45a-11a
9:45 AM	9a-	GX Class Boot	Cardio	GX Class Boot	GX Class Interval	GX Class Cardio	
	2:45p	Camp	Blast N. Gym	Camp	Training N. Gym 9:30-	Blast	
10:00 AM		N. Gym 9:30-	9:30-	N. Gym 9;30-	9:30-	N. Gym 9:30-	
10:15 AM		10:30a	10:30a	10:30a	10:30a	10:30a	
10:30 AM		Open	Open	Open Gym	Open	Open Gym	
10:45 AM		Gym	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	6:30p	N. Gym	Gym Little
I1:30 AM			4:15p	11a-2p		11a-2p	s. Gym Ballers
11:45 AM	1						11a- N. Gym 2:45p 11:30a-12p
12:00 PM							
12:15 PM							Youth Basketba
12:30 PM				Open		Open	N. Gym
12:45 PM				Gym		Gym	12:15-1p
				N. Gym 2-3:45p		N. Gym 2-3:45p	
1:00 PM							Youth Basketba
1:15 PM							N. Gym
1:30 PM							1:15-2p*
1:45 PM							
2:00 PM							
2:15 PM							Open Gyr
2:30 PM							N. Gym 2:15–2:45p
2:45 PM*		1					2,13 2, 13p
3:00 PM		1					
3:15 PM							
3:30 PM							
3:45 PM	Basketball			Little		Little	
4:00 PM	League North & South Gyms			Kickers		Ballers	
4:00 PM 4:15 PM	3:30-5:30p			N. Gym 4-4:30p*		N. Gym 4-4:30p*	
			Adv. Youth		Vestle		
4:30 PM			Soccer	Youth Soccer	Youth Volleyball	Youth	
4:45 PM			N. Gym 4:30-	N. Gym 4:30-5:15p	S. Gym	Basketball N. Gym	
5:00 PM			5:15p*			4:45- 5:30p	
5:15 PM			Adv. Youth	Youth	5:30p*	э.зор	
5:30 PM			Youth Soccer	Soccer N. Gym	Youth	Youth Basketball	
5:45 PM			N. Gym 5:15-6p*	5:15-6p	Volleyball	N. Gym	
6:00 PM		GX Class	5:15-6p*	GX Class	5. Gym 5:45-6:30p	5:45-	
6:15 PM		Strength &	Open	Strength &		6:30p*	
6:30 PM		Tone N. Gym	Gvm	Tone N. Gym	Velleybell		
6:45 PM		6-6:50p	N. Gym 6:15-7p	N. Gym 6-7p	Volleyball		
7:00 PM		Open Gym		_	League North & South Gyms	Open	
7:00 PM 7:15 PM		N. Gym 7-8:45p	Indoor Soccer	Open	6:30-10p	Gym N. Gym	
		7-8:45p	North & South Gyms 7-9p	Gym		N. Gym 6:45-	
7:30 PM			, 50	N. Gym 7-8:45p		8:45p	
7:45 PM							
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM*							
9:00 PM							
9:15 PM		1					
9:30 PM		1					
9:45 PM		1					
10:00 PM		1					
FM	*CLOSES AT 2:45P	*CLOSES AT 9-45B	*CLOSES AT-9-45D	*CLOSES AT 8:45P	*CLOSES AT 9.45D	*CLOSES AT-0-4ED	*CLOSES AT 3-4EP
		*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
IVCCEC	8.05	9-30-10-30-/5 6-50-	8:30-9:25a/	9-30-10-30-/5-7-	8:30-9:25a/	9-30-10-30-	8.02
CLASSES	8-9a	9:30-10:30a/6-6:50p	9:30-10:30a	9:30-10:30a/6-7p	9:30-10:30a	9:30-10:30a	8-9a

G KARATE UNLIMITED 6:30-10p 3:30-5:30p LEAGUES/EVENTS 7-9p OPEN GYM 3:45-4p*/4-4:30p/ 11:15-11:30a*/ 4:15-4:30p*/4:30-5:15p 3:45-4p*/4-4:30p/ 4:30-4:45p*/4:45-YOUTH PROGRAMMING 4:30-5:15p/5:15-6p 5:30p/5:45-6:30p 5:15-6p/6-6:15p* 5:45-6:30p/6-6:45p* PICKLEBALL 11a-2p

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