



Pav YMCA

GYM SCHEDULE

(SUBJECT TO CHANGE)

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

GX CLASSES	
KARATE UNLIMITED	
LEAGUES/EVENTS	
OPEN GYM	
YOUTH PROGRAMMING	
PICKLEBALL	

*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-8:45p	Open Gym N. Gym 6-9:30a	Open Gym S. Gym 6a-7p	Open Gym S. Gym 6a-8:45p	Open Gym S. Gym 6a-4:30p	
6:15 AM							
6:30 AM							
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM							
8:00 AM	Open Gym S. Gym 8a-2:45p						
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	SUN	MON	TUE	WED	THU	FRI	SAT
GX CLASSES	8-9a	9:30-10:30a/6-6:50p	8:30-9:25a/9:30-10:30a	9:30-10:30a/6-7p	8:30-9:25a/9:30-10:30a	9:30-10:30a	8-9a
KARATE UNLIMITED	-	-	-	-	-	-	8:45-11a
LEAGUES/EVENTS	3:30-5:30p	-	7-9p	-	6:30-10p	-	-
OPEN GYM	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES
YOUTH PROGRAMMING	-	-	4:15-4:30p/4:30-5:15p/5:15-6p/6-6:15p*	3:45-4p/4-4:30p/4:30-5:15p/5:15-6p	4:30-4:45p/4-4:45-5:30p/5:45-6:30p	3:45-4p/4-4:30p/4:45-5:30p/5:45-6:30p/6-6:45p*	11:15-11:30a/11:30a-12p/12:15-1p/1:15-2p/2-2:15p*
PICKLEBALL	-	-	-	11a-2p	-	11a-2p	-

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