

WEST GYM													
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Side - A	Side - B	Side - A	Side - B	Side - A		Side - A	Side - B	Side - A	Side - B	Side - A	Side - B	Side - A	Side - B
5:00am													
5:30am													
6:00am	Total Body Conditioning				Total Body Conditioning								
6:30am													
7:00am													
7:30am													
8:00am													
8:30am	Body Pump		Pickleball		Body Pump		Pickleball		Body Pump				
9:00am													
9:30am													
10:00am	Pickleball		Balance & Core	Mommy and Me	Pickleball		School District	Balance & Core	Pickleball				
10:30am													
11:00am													
11:30am													
12:00pm			SilverSneakers				SilverSneakers						
12:30pm													
1:00pm	Pre-K	Pickleball			Pre-K	Pickle ball			Pre-K	Pickle ball			
1:30pm													
2:00pm				Pickleball									
2:30pm													
3:00pm													
3:30pm													
4:00pm	SAC				SAC				SAC				
4:30pm													
5:00pm													
5:30pm			Body Pump				Body Pump		Girls bball				
6:00pm	Girls bball												
6:30pm				Boot Camp				Boot Camp					
7:00pm													
7:30pm													
8:00pm													
8:30pm													
	Schedule effective 10/23/23 -12/15/23 and subject to change.												
	October 23rd girls basketball league practices start. Games Begin Sunday Nov. 12th.												
	Friday 11/10 6:00 pm - Saturday 11/11 all day East gym closed for swim meet.												
	Friday 11/17 6:00 pm through Sunday 11/19 both gyms closed for gymnastics invitational.												
	YMCA closed on Thursday November 23rd for Thanksgiving.												
	No school on November 6th, 22nd, 24th, 25th, and 27th. Gym schedule may change on those dates.												

YMCA opens at 7:00 am

YMCA Closed

Girls basketball games 12:30 - 3:30

Open 3:30 - 5:15

YMCA Closed

YMCA closes at 7:30 pm