



NEWMAN YMCA GYMNASIUM SCHEDULE Updated July 24th



*Gymnasium schedule is subject to change at any time

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	GYM LEFT	GYM RIGHT	GYM LEFT	GYM RIGHT	GYM LEFT	GYM RIGHT	GYM LEFT	GYM RIGHT	GYM LEFT	GYM RIGHT	GYM LEFT	GYM RIGHT	GYM LEFT	GYM RIGHT
5:30AM	OPEN GYM	BADMIN-TON	OPEN GYM	BADMIN-TON	OPEN GYM	BADMIN-TON	OPEN GYM	BADMIN-TON	OPEN GYM	BADMIN-TON	PICK UP BASKETBALL 6 - 8AM			
6:00AM		5:30 - 7:30AM		5:30 - 7:30AM		5:30 - 7:30AM		5:30 - 7:30AM		5:30 - 7:30AM				
6:30AM														
7:00AM														
7:30AM														
8:00AM	H.I.I.T 8:45 - 10AM		OPEN GYM		CARDIO SCULPT 8:45-10AM		OPEN GYM		STEP 8:45 - 10AM		ZUMBA 8:30 - 9:30AM		OPEN GYM	
8:30AM											POUND 9:30-10AM		BOOT CAMP 9 -10:30AM	
9:00AM											YOUTH SPORTS 10:15 - 12:30PM		OPEN GYM/ BIRTHDAY PARTIES <i>*CALL AHEAD</i> 10:30 - 2PM	
9:30AM														
10:00AM		KIDS WORLD 10 - 1PM	OPEN GYM	KIDS WORLD 10 - 1PM		KIDS WORLD 10 - 1PM	OPEN GYM	KIDS WORLD 10 - 1PM		KIDS WORLD 10 - 1PM				
10:30AM														
11:00AM											OPEN GYM/ BIRTHDAY PARTIES <i>*CALL AHEAD</i> 12:30 - 5:30PM			
11:30AM														
12:00PM														
12:30PM														
1:00PM			PICK UP BASKETBALL 1- 2PM			PICK UP BASKETBALL 1 - 2PM								
1:30PM														
2:00PM														
2:30PM														
3:00PM														
3:30PM	OST 3 - 5:30	KIDS WORLD 3 - 5:30	OST 3 - 5:30	KIDS WORLD 3 - 5:30	OST 3 - 5:30	KIDS WORLD 3 - 5:30	OST 3 - 5:30	KIDS WORLD 3 - 5:30	OST 3 - 5:30	KIDS WORLD 3 - 5:30				
4:00PM														
4:30PM														
5:00PM														
5:30PM														
6:00PM														
6:30PM														
6:30PM	ZUMBA 6:30 - 7:30		CARDIO KICKBOXING		H.I.I.T 5:30 - 6:30PM		CARDIO KICKBOXING		OPEN GYM					
7:00PM														
7:30PM														
8:00PM														
8:30PM	GYMNASIUM CLOSED FOR RENTALS		VOLLEYBALL LEAGUE 6:30 - 9:30PM		OPEN GYM		BASKETBALL LEAGUE 7:30 - 9:30PM		OPEN GYM OR MOVIE NIGHT <i>*CALL AHEAD</i>					
8:00PM														
8:30PM														
9:00PM														
9:30PM														