NEWMAN YMCA GYMNASIUM SCHEDULE *Updated November 20*

***Gymnasium schdule 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 5:30 - 7:30AM	OPEN GYM	BADMIN-TON 5:30 - 7:30AM	OPEN GYM	BADMIN-TON 5:30 - 7:30AM	OPEN GYM	BADMIN-TON 5:30 - 7:30AM	OPEN GYM	BADMIN-TON 5:30 - 7:30AM	PICK UP BASKETBALL 6 - 8AM			
6:00AM														
6:30AM														
7:00AM														
7:30AM											ZUMBA 8:30 - 9:30AM		OPEN GYM	
8:00AM														
8:30AM	H.I.I.T 8:45 - 10AM				CARDIO SCULPT 8:45-10AM				STEP 8:45 - 10AM				BOOT CAMP 9 -10:30AM	
9:00AM											POUND 9:30-10AM			
9:30AM														
10:00AM	OPEN GYM	KIDS WORLD 10 - 1PM	OPEN GYM	KIDS WORLD 10 - 1PM	OPEN GYM	KIDS WORLD 10 - 1PM	OPEN GYM	KIDS WORLD 10 - 1PM	OPEN GYM	KIDS WORLD 10 - 1PM	YOUTH SPORTS 10:15 - 12:30PM		OPEN GYM/ BIRTHDAY PARTIES *CALL AHEAD 10:30 - 4:30PM	
10:30AM														
11:00AM														
11:30AM														
12:00PM														
12:30PM														
1:00PM			PICK UP BASKETBALL 1- 2PM				PICK UP BASKETBALL 1 - 2PM				OPEN GYM/ BIRTHDAY PARTIES *CALL AHEAD 12:30 - 5:30PM			
1:30PM														
2:00PM			OPEN GYM				OPEN GYM							
2:30PM														
3:00PM	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				
3:30PM														
4:00PM														
4:30PM														
5:00PM														
5:30PM	OPEN GYM		CARDIO KICKBOXING		H.I.I.T 5:30 - 6:30PM		CARDIO KICKBOXING		GYMNASTICS					
6:00PM														
6:30PM	ZUMBA 6:30 - 7:30		VOLLEYBALL LEAGUE 6:30 - 9:30PM		ZUMBA 6:30 - 7:30PM		BASKETBALL LEAGUE 7:00 - 9:00PM							
7:00PM														
7:30PM	GYMNASIUM CLOSED FOR RENTALS				OPEN GYM									
8:00PM														
8:30PM														
9:00PM														
9:30PM														