



## Birmingham Family YMCA GYM Schedule Winter Two Session 2010 (3/8- 5/2)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
<b>8:00 AM</b>						Gymnastics Classes & Team 8:00 a.m.-2:30			
<b>9:00 AM</b>		Kidz Boot Camp 9:00-10:15 a.m.	Tiny Tykes Class  9:30-11:30		Kidz Bootcamp  9-10:15 a.m.				
<b>10:00 AM</b>		Silver Sneakers 10:15-11:00 a.m.					Silver Sneakers 10:15-11:00 a.m.		
<b>11:00 AM</b>									
<b>12:00 PM</b>	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.	Adult Men's Drop in Basketball 11:30-2:00 p.m.				
<b>1:00 PM</b>								Coach Sheppard Basketball Practice (1:00-2:30 p.m.)	
<b>2:00 PM</b>							gymnastics until 2:30		
<b>3:00 PM</b>		Gymnastics Classes & Team 4:00-8:00 p.m.		Gymnastics Classes & Team 4:00-8:00 p.m.			Winners Travel Basketball  Games on 3/20  Gym will be closed that day	Adult Men's Basketball League  3:00-10:00 p.m.  Season Dates:  Jan. 10-Apr. 11	
<b>4:00 PM</b>	4:15-5:00 Preschool Basketball Class		4:15-5:00 Preschool Basketball Class						
<b>5:00 PM</b>	5:00-7:30 Rookies Basketball League		5:00-7:30 Rookies Basketball League						
<b>6:00 PM</b>							Cross Fit w/ Personl Trainers		
<b>7:00 PM</b>	March 8-April 21		March 8-April 21				Winners B-ball Practice		
<b>8:00 PM</b>					Volleyball League 7:45-10:00 p.m.		7:00-8:45 p.m.		
<b>9:00 PM</b>					Season Dates:				
<b>10:00 PM</b>					Jan. 13-Apr. 18				

**Note: the gym will be closed certain days for special events. Signs will be posted on the gym doors informing you of a special event**

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