

Carls Family YMCA

Gym Schedule

June 12 - July 25

Please be advised that the schedule is subject to change

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 - 7 AM	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed
	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Closed
7 - 8 AM	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Adult Basketball
	Closed	Open Gym	Pickleball	Pickleball	Pickleball	Open Gym	Adult Basketball
8 - 9 AM	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Adult Basketball
	Closed	Open Gym	Pickleball	Pickleball	Pickleball	Open Gym	Adult Basketball
9 - 10 AM	Closed	Body Blast 9:20-10:20	Body Blast 9:20-10:20	Stength&Tone 920-1020	Classic Step 920-1020	Strength&Tone915-1015	Body Blast 9:15-10:15
	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
10 - 11 AM	Open Gym	Open Gym @ 10:20	Open Gym @ 10:20	Open Gym @ 10:20	Open Gym @ 10:20	open gym @ 10:15	open Gym
	Open Gym	Kids Club	Kids Club	P/C Act 10:30-11:00	Kids Club	Parent/Tot Tiny Tumbler	Kids Club
11 - NOON	Open Gym	Kids Club	Kids Club	Kids Club	Kids Club	Kids Club	Kids Club
	Open Gym	Open Gym	Open Gym	Gym Tots 11:05-11:45	Open Gym	Open Gym	Open Gym
NOON - 1 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Tiny Tumblers	Youth Tennis
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
1 - 2 PM	Pickleball	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Tennis
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
2 - 3 PM	Pickleball	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Youth Tennis
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
3 - 4 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
4 - 5 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5 - 6 PM	Open Gym	Running Club 5-5:55	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
	Open Gym	Tiny Tikes Sports Sampler 1	Open Gym	Open Gym	Running Club 5-5:55	Open Gym	Open Gym
6 - 7 PM	Closed	Tiny Tikes Sports Sampler 2	Youth Tumbling	Open gym	Preschool Floor Hockey	Open Gym	Closed
	Closed	Basketball Clinic 6/7	Open Gym	Open Gym	Open Gym	Open Gym	Closed
7 - 8 PM	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Kids open Gym	Closed
	Closed	Basketball Clinic 8/10	Open Gym	Kids Open Gym	Open Gym	Open Gym	Closed
8 - 9 PM	Closed	Ad Volleyball 8-9:45	Adult Basketball	Ad Volleyball 8-9:45	Adult Basketball	Open Gym	Closed
	Closed	Ad Volleyball 8-9:45	Adult Basketball	Ad Volleyball 8-9:45	Adult Basketball	Open gym	Closed
9 - 10 PM	Closed	Ad Volleyball 8-9:45	Adult Basketball	Ad Volleyball 8-9:45	Adult Basketball	Closed	Closed
	Closed	Ad Volleyball 8-9:45	Adult Basketball	Ad Volleyball 8-9:45	Adult Basketball	Closed	Closed

* During Kids Open Gym, Adults **must** be accompanied by a child!