

Carls Family YMCA Gym Schedule January 5- February 22

Please be advised 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	Open Gym	Open Gym	Open Gym	Open Gym	Adult Basketball
8 - 9 AM	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Adult Basketball
	Closed	Open Gym	Open Gym	Open Gym	Open Gym	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 / Kids Club
10 - 11 AM	Adult Basketball	Open @ 10:20	Open @ 10:20	Open @ 10:20	Open Gym	open gym @ 10:15	open gym @ 10:15
	Adult Basketball	Open Gym	Open Gym	P/C Act 10:30-11:00	Open @ 10:20	Ty Tmblr P/C 10:30-11	B-Ball Games
11 - NOON	Open Gym	Open Gym	Open Gym	Gym Tots 11:05-11:35	Open Gym	TinyTumblers1 11-1130	B-Ball Games
	Open Gym	Open Gym	Open Gym	Tiny Tikes 11:40-12:25	Open Gym	Adv TinyTumbl 1130-12	B-Ball Games
NOON - 1 PM	Open Gym	Open @12:25	Open Gym	Open Gym	Open @12:25	Open Gym	B-Ball Games
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	B-Ball Games
1 - 2 PM	Teen Basketball 12-13	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	B-Ball Games
		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
2 - 3 PM	Teen Basketball 14 and up	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	B-Ball Games
		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
3 - 4 PM	5-7 Soccer 3:30-4:15	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	B-Ball Games
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
4 - 5 PM	8-10 Soccer 4:15-5:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	B-Ball Games
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
5 - 6 PM	Open Gym	Running Club 5-5:55	Open Gym	Kids Club 5-6	Running Club 5-5:55	Open Gym	Open Gym
	Adult Basketball League 5:30-?	T Tks Sports Sampler	Open Gym	Open Gym	Open / Kids Club	Volleyball Clinic 7-9 5:30-7:00	Open Gym
6 - 7 PM	Closed	4/5 Basketball	4/5 Basketball	4/5 Basketball	Prschl B-ball 6-6:45	Open Gym	B-Ball Games
	Closed	T Tks Sports Sampler 2	Yth Tumbling	Open Gym	6/7 Basketball	Volleyball Clinic 7-9 5:30-7:00	
7 - 8 PM	Closed	8/9 Bball Prct 7-8	8/9 Bbll Prct. 7-8	6/7 Basketball	4/5 Basketball	Volleyball Clinic 10-12 7:00-8:30	B-Ball Games
	Closed	Open / Kids Club	10/11 Basketball Practice	Open Gym	10/11 Basketball		
8 - 9 PM	Closed	Ad Volleyball 8-9:45	Adult Basketball	Ad Volleyball 8-9:45	Adult Basketball		Closed
	Closed	Teen Basketball Prac	Adult Basketball	Teen Basketball Prac	Adult Basketball		Closed
9 - 10 PM	Closed	Ad Volleyball 8-9:45	Adult Basketball	Ad Volleyball 8-9:45	Adult Basketball	Closed	Closed
	Closed	Adult Open Gym	Adult Basketball	Adult Open Gym	Adult Basketball	Closed	Closed