

South Oakland YMCA Gym Schedule

Fall II 2010 Session

November 1 - December 19, 2010

Schedule Subject to Change

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30	Adult Basketball to 6:15	Adult Basketball	Adult Basketball to 6:15	Adult Basketball	Adult Basketball to 6:15	Building Closed	Building Closed
6AM	Floor Aerobics	Adult Basketball	Floor Aerobics	Adult Basketball	Floor Aerobics	Building Closed	Building Closed
7AM	Open	Open	Open	Open	Open	Adult Basketball	Adult Basketball
8AM	Open	Open	Open	Open	Open	Adult Basketball	Adult Basketball
9AM	9:30 Total Body Sculpt	Open	9:30 Total Body Sculpt	Open	9:30 Total Body Sculpt	Open	Open
10AM	Floor Aerobics	Childwatch	Floor Aerobics	Childwatch	Floor Aerobics	Open	Open
11AM	Family	Childwatch	Family	Childwatch	Family	Gymnastics	Open
NOON	12:05 Adult Basketball	12:05 Adult Basketball	12:05 Adult Basketball	12:05 Adult Basketball	12:05 Adult Basketball	Gymnastics	Family
1PM	Adult Basketball To 1:30	Adult Basketball To 1:30	Adult Basketball To 1:30	Adult Basketball To 1:30	Adult Basketball To 1:30	Family	Family
2PM	Open	Open	Open	Open	Open	Open	Open
3PM	Youth/Family	Youth/Family	Youth/Family	Youth/Family	Youth/Family	Open	Open
4PM	Youth/Family	Youth/Family	Youth/Family	Youth/Family	Youth/Family	Open	Open
5PM	Youth/Family	Childwatch Kids Club	Childwatch Kids Club	Gymnastics	Youth/Family	Open	Open
6PM	Zumba	Archery Youth Basketball	Hoops and Scoops Youth Basketball	Gymnastics	Youth Basketball to 7:30	Rental	Building Closed
7PM	Karate	Archery Tumbling	Zumba	Gymnastics 7:30 Volleyball Open Play	7:30 Teen Night	Rental	Building Closed
8PM	Karate	Open	Youth Basketball	Volleyball Open Play	Teen Night	Rental	Building Closed
9PM	Open	Open	Open	Volleyball Open Play	Teen Night to 9:30	Rental	Building Closed
10PM	Open	Open	Open	Open	Open	Rental	Building Closed