Shades Valley YMCA Gym Schedule: 9/1 - 9/30

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
		Courts		Courts		Courts		Courts		Courts		Courts		Courts	
From	To	A	B	A	B	A	B	A	B	A	B	A	B	A	B
5:00 AM	5:30 AM	OPEN GYM		FULL COURT BASKETBALL		OPEN GYM		FULL COURT BASKETBALL		OPEN GYM					
5:30 AM	6:00 AM														
6:00 AM	6:30 AM														
6:30 AM	7:00 AM														
7:00 AM	7:30 AM	FULL COURT PICKLEBALL		OPEN GYM		FULL COURT PICKLEBALL		OPEN GYM		FULL COURT PICKLEBALL		OPEN GYM			
7:30 AM	8:00 AM														
8:00 AM	8:30 AM														
8:30 AM	9:00 AM														
9:00 AM	9:30 AM														
9:30 AM	10:00 AM														
10:00 AM	10:30 AM														
10:30 AM	11:00 AM	OPEN GYM				OPEN GYM				OPEN GYM					
11:00 AM	11:30 AM														
11:30 AM	12:00 PM									GROUP EX CLASS					
12:00 PM	12:30 PM			FULL COURT PICKLEBALL										OPEN GYM	
12:30 PM	1:00 PM														
1:00 PM	1:30 PM	PICKLEBALL CLINIC								OPEN GYM				FULL COURT PICKLEBALL	
1:30 PM	2:00 PM														
2:00 PM	2:30 PM	OPEN GYM		OPEN GYM											
2:30 PM	3:00 PM														
3:00 PM	3:30 PM														
3:30 PM	4:00 PM													FULL COURT BASKETBALL	
4:00 PM	4:30 PM														
4:30 PM	5:00 PM														
5:00 PM	5:30 PM														
5:30 PM	6:00 PM													OPEN GYM	
6:00 PM	6:30 PM	YOUTH VOLLEYBALL		YOUTH VOLLEYBALL		YOUTH VOLLEYBALL									
6:30 PM	7:00 PM														
7:00 PM	7:30 PM														
7:30 PM	8:00 PM	OPEN GYM		OPEN GYM		FULL COURT BASKETBALL									
8:00 PM	8:30 PM														
8:30 PM	9:00 PM														