

the **Pav YMCA Fall Session II 2025 Gym Schedule**
10/27/25 - 12/21/25 (SUBJECT TO CHANGE)

PROGRAMS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING PROGRAMS							
Open Gym South Gym	Open Gym (South) 8:00am-1:45pm	Open Gym (South) 6:00am-8:45pm	Open Gym (South) 6:00am-8:45pm	Open Gym (South) 6:00am-3:45pm 6:45pm-8:45pm	Open Gym (South) 6:00am-4:30pm	Open Gym (South) 8:00am-8:45pm	Open Gym (South) 7:00am-8:45am 11:15am-2:45pm
Open Gym North Gym	Open Gym (North) 8:00am-2:45pm	Open Gym (North) 6:00am-8:15am 10:45am-5:45pm 7:15pm-8:45pm	Open Gym (North) 6:00am-9:15am 10:45am-8:45pm	Open Gym (North) 6:00am-8:15am 2:00pm-5:45pm 7:15pm-8:45pm	Open Gym (North) 6:00am-8:15am 10:45am-6:30pm	Open Gym (North) 6:00am-9:15am 2:00pm-8:45pm	Open Gym (North) 7:00am-7:45am 11:15am-11:45am
Group Exercise Classes (16yrs+)		Club Remix 8:30am-9:15am North Gym		Club Remix 8:30am-9:15am North Gym	Club Remix 8:30am-9:15am North Gym		Boot Camp 8:00am-9:00am North Gym
Karate Unlimited (Contact Karate Unlimited for registration)		Boot Camp 9:30am-10:30am North Gym	Cardio Blast 9:30am-10:30am North Gym	Boot Camp 9:30am-10:30am North Gym	Interval Training 9:30am-10:30am North Gym	Cardio Blast 9:30am-10:30am North Gym	Karate Unlimited 8:45am-11:00am Full Gym
Open Pickleball (Reservation only)				Pickleball 11:00am-2:00pm North Gym		Pickleball 11:00am-2:00pm North Gym	
EVENING PROGRAMS							
Youth Programs (Classes will be located in the South Gym unless otherwise noted)	Flag Football (10-13yrs) 2:00pm-2:45pm			Little Kickers (3-5yrs) 4:00pm-4:35pm Youth Soccer (6-9yrs) 4:45pm-5:30pm (10-13yrs) 5:45pm-6:30pm	Youth Volleyball (6-9yrs) 4:45pm-5:30pm (10-13yrs) 5:45pm-6:30pm	Youth Basketball (6-9yrs) 4:45pm-5:30pm (10-13yrs) 5:45pm-6:30pm North Gym	Little Ballers (3-5yrs) 12:15pm-12:45pm Youth Basketball (6-9yrs) 1:00pm-1:45pm (10-13yrs) 2:00pm-2:45pm North Gym
Adult Leagues (18yrs+)		Strength & Tone 6:00pm-7:00pm North Gym		Strength & Tone 6:00pm-7:00pm North Gym	Co-Ed Volleyball League 7:00pm-10:00pm Full Gym		

Schedule is subject to change. Please visit our website pavymca.org for further information.

*Please note: There is a 15 minute window reserved before/after each class for equipment setup/breakdown.