



Pav YMCA

GYM SCHEDULE

(SUBJECT TO CHANGE)

SPRING SESSION I
2/17/2025-4/13/2025*

***Gym closes at:**
8:45p Mon-Fri
& 2:45p Sat-Sun

GX CLASSES*	
KARATE UNLIMITED	
LEAGUES/EVENTS	
OPEN GYM	
YOUTH PROGRAMMING*	
PICKLEBALL	

North & South Courts are available during select times only. There will be **LIMITED OPEN GYM** availability during camp, School's Out Days, blood drives, Group Exercise classes, sports programming, or during any other scheduled event.

***PLEASE NOTE: There is a 15 minute window reserved before/after each Youth Programming and Group Exercise class for equipment setup/breakdown.**

	SUN	MON	TUE	WED	THU	FRI	SAT
	Opens 8am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 6am	Opens 7am
6:00 AM		Open Gym S. Gym 6a-8:45p	Open Gym S. Gym 6a-8:45p	Open Gym S. Gym 6a-8:45p	Open Gym S. Gym 6a-8:45p	Open Gym S. Gym 6a-8:45p	
6:15 AM		Open Gym N. Gym 6-8:15a	Open Gym N. Gym 6-9:15a	Open Gym N. Gym 6-8:15a	Open Gym N. Gym 6-8:15a	Open Gym N. Gym 6-9:15a	
6:30 AM							
6:45 AM							
7:00 AM							Open Gym S. Gym 7-8:45a
7:15 AM							Open Gym N. Gym 7-7:45a
7:30 AM							
7:45 AM							
8:00 AM	Open Gym S. Gym 8a-2:45p						GX Class Boot Camp N. Gym 8-9a*
8:15 AM							
8:30 AM		GX Class Club Remix N. Gym 8:30-9:15a*			GX Class Club Remix N. Gym 8:30-9:15a*	GX Class Club Remix N. Gym 8:30-9:15a*	
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM		GX Class Boot Camp N. Gym 9:30-10:30a*			GX Class Boot Camp N. Gym 9:30-10:30a*	GX Class Cardio Blast N. Gym 9:30-10:30a*	
10:00 AM			GX Class Cardio Blast N. Gym 9:30-10:30a*		GX Class Interval Training N. Gym 9:30-10:30a*		
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM		Open Gym N. Gym 10:45a-5:45p	Open Gym N. Gym 10:45a-8:45p				
11:15 AM					Pickleball N. Gym 11a-2p		
11:30 AM						Pickleball N. Gym 11a-2p	Open Gym S. Gym 11a-2:45p
11:45 AM							Little Ballers N. Gym 11:30a-12p*
12:00 PM							
12:15 PM							
12:30 PM							
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							Youth Basketball N. Gym 12:15-1p
1:45 PM							
2:00 PM							
2:15 PM					Open Gym N. Gym 2-3:45p		
2:30 PM						Open Gym N. Gym 2-3:45p	Open Gym N. Gym 2:15-2:45p
2:45 PM*							
3:00 PM							
3:15 PM							
3:30 PM							
3:45 PM							
4:00 PM							
4:15 PM					Little Kickers N. Gym 4-4:30p*		
4:30 PM							
4:45 PM					Youth Soccer N. Gym 4:30-5:15p	Youth Volleyball S. Gym 4:45-5:30p*	Youth Basketball N. Gym 4:45-5:30p
5:00 PM							
5:15 PM					Youth Soccer N. Gym 5:15-6p*	Youth Volleyball S. Gym 5:45-6:30p	Youth Basketball N. Gym 5:45-6:30p*
5:30 PM							
5:45 PM							
6:00 PM		GX Class Boot Camp N. Gym 6-6:50p*					
6:15 PM							
6:30 PM							
6:45 PM					GX Class Strength & Tone N. Gym 6:15-7:15p*		
7:00 PM							
7:15 PM		Open Gym N. Gym 7:05-8:45p					
7:30 PM							
7:45 PM					Open Gym N. Gym 7:30-8:45p		
8:00 PM							
8:15 PM							
8:30 PM							
8:45 PM*							
9:00 PM							
9:15 PM							
9:30 PM							
9:45 PM							
10:00 PM							

*CLOSES AT 2:45P *CLOSES AT 8:45P *CLOSES AT 8:45P *CLOSES AT 8:45P *CLOSES AT 8:45P *CLOSES AT 8:45P *CLOSES AT 2:45P

	SUN	MON	TUE	WED	THU	FRI	SAT
GX CLASSES	8-9a*	8:30-9:15a*/9:30-10:30a*/6-6:50p*	9:30-10:30a*	8:30-9:15a*/9:30-10:30a*/6:15-7:15p*	8:30-9:15a*/9:30-10:30a*	9:30-10:30a*	8-9a*
KARATE UNLIMITED	-	-	-	-	-	-	8:45-11a
LEAGUES/EVENTS	-	-	-	-	6:30-10p	-	-
OPEN GYM	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES
YOUTH PROGRAMMING	-	-	-	3:45-4p*/4-4:30p/4:30-5:15p/5:15-6p*	4:30-4:45p*/4:45-5:30p/5:45-6:30p	3:45-4p*/4-4:30p/4:45-5:30p/5:45-6:30p/6-6:45p*	11:15-11:30a*/11:30a-12p/12:15-1p/1:15-2p/2-2:15p*
PICKLEBALL	-	-	-	11a-2p	-	11a-2p	-

*Indicates there is a 15 minute window reserved for equipment setup/takedown for Youth Programming and Group Exercise classes.