



Pav YMCA

GYM SCHEDULE

(SUBJECT TO CHANGE)

SPRING SESSION II
4/14/2025-6/8/2025*

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

***Facility will be closed**
on Easter (Sun, 4/20) &
Memorial Day (Mon, 5/26).

***Gym will be closed on Sat,**
4/26 for Healthy Kids Day. Boot
Camp will still run from 8-9am.

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							
7:15 AM							Open Gym S. Gym 7-8:45a
7:30 AM							Open Gym N. Gym 7-7:45a
7:45 AM							
8:00 AM	Open Gym S. Gym 8a-2:45p						
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	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*/6:45-7:15p*	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.