

Pav YMCA

GYM SCHEDULE

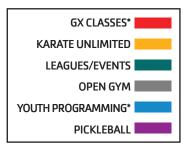
(SUBJECT TO CHANGE)

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.



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 Open	Open Open	Open Open	Open Open	Open Open	
6:15 AM		Gym Gym	Gym Gym	Gym Gym	Gym Gym S Gym N. Gym	Gym Gym	
6:30 AM		S. Gym N. Gym 6a-8:45p 6-8:15a	S. Gym N. Gym 6a-8:45p 6-9:15a	S. Gym N. Gym 6a-3:45p 6-8:15a	S. Gym 6a-4:30p 6-8:15a	S. Gym N. Gym 6a-3:45p 6-9:15a	
6:45 AM		0a-8:45p	0a-8:45p 0-9:15a	6a-5:45p 6-8:15a	оа-4:50р	6a-5:45p 6-9:15a	
7:00 AM							Open Open
7:15 AM							Gym N. Gym
7:30 AM							S. Gym 7-7:45a
7:45 AM							7-8:45a GX
8:00 AM	Open GX						Class
8:15 AM	Gym Class	CV Class		CV Class	CV Class		Boot Camp
8:30 AM	S. Gym Cycle	GX Class Club		GX Class Club	GX Class Club		N. Gym
8:45 AM	8a-2:45p N. Gym 8-9a*	Remix N. Gym		Remix N. Gym	Remix N. Gum		8-9a*
9:00 AM	0-3d	8:30-		8:30-	N. Gym 8:30-		Karate Unlimited
9:15 AM	Open	9:15a*		9:15a*	9:15a*		North & South Gyms
9:30 AM	Gym	GX Class	GX Class	GX Class	GX Class	GX Class	8:45a-11a
9:45 AM	N. Gym	Boot	Cardio	Boot	Interval	Cardio Blast	
10:00 AM	9:15a- 2:45p	Camp N. Gym	Blast N. Gym	Camp N. Gym	Training N. Gym	N. Gym	
10:15 AM	1 '	9:30-	9:30- 10:30a*	9:30-	9:30-	9:30- 10:30a*	
10:30 AM		10:30a*	10:50a	10:30a*	10:30a*		
10:45 AM		Open	Open		Open		1
11:00 AM		Gym	Gym	Pickleball	Gỳm	Pickleball	Onon
11:15 AM		N. Gym	N. Gym	N. Gym	N. Gym 10:45a-	N. Gym	Little Open
11:30 AM		10:45a- 5:45p	10:45a- 8:45p	11a-2p	6:30p	11a-2p	Ballers N. Gym
11:45 AM		3.156	ол ізр 				S. Gym 11a- 11:30a-12p* 2:45p
12:00 PM							Youth
12:15 PM							Basketball
12:30 PM							S. Gym
12:45 PM							12:15-1p
1:00 PM	1						Youth
1:15 PM	1						Basketball
1:30 PM	1						S. Gym 1:15-2p*
1:45 PM	1						1:15-2р
2:00 PM	1			0		0	
2:15 PM	1			Open		Open Gym	Open Gym
2:30 PM	1			Gym N. Gym		N. Gym	S. Gym 2-2:45p
2:45 PM*		1		2-6p		2-8:45p	L 2.13p
3:00 PM		1					
3:15 PM		1					
3:30 PM		1					
3:45 PM		1		Little		Little	
4:00 PM		1		Kickers		Ballers	
4:15 PM		1		S. Gym 4-4:30p*		S. Gym 4-4:30p*	
4:30 PM		1		Youth	Youth	Variab	
4:45 PM		1		Soccer	Volleyball	Youth Basketball	
5:00 PM		1		S. Gym 4:30–5:15p	S. Gym 4:45-	S. Gym 4:45-	
5:15 PM		1		Youth	5:30p*	5:30p	
5:30 PM				Soccer	Youth	Youth	
5:45 PM	1			S. Gym 5:15-6p*	Volleyball	Youth Basketball	
6:00 PM		GX Class			S. Gym	S. Gym 5:45-	
6:15 PM		Boot Camp		Onen	5:45-6:30p	6:30p*	
6:30 PM		N. Gym 6-6:50p*		Open GX Class Gym Strength &	Mallauball		
6:45 PM		6-6:50ρ*		S. Gym Tone	Volleyball League	0	
7:00 PM				6:15- N. Gym	North & South Gyms	Open	
7:15 PM		Open Gym		8:45p 6:15-7:15p*	6:30-10p	Gym S. Gym	
7:30 PM	1	Gym N. Gym 7:05-				6:45-	
7:45 PM	 	7:05- 8:45p		Open		8:45p	
8:00 PM	+			Gym N. Gym			
8:15 PM	1			7:30-			
8:30 PM	1			8:45p			
8:45 PM*	+						
9:00 PM	+						
9:00 PM 9:15 PM	-	-					
9:30 PM	+	-				-	
9:45 PM	+	-				-	
10:00 PM	-	-					
13.00 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
X 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*

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SUN	MON	TUE	WED	THU	FRI	SAT
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*
-	-	-	-	-	-	8:45-11a
	-		-	6:30-10p	-	-
VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES
	-		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*
-	-	-	11a-2p	-	11a-2p	-
	SUN 8-9a* - -	SUN MON 8-9a* 8:30-9:15a*/ 9:30-10:30a*/6-6:50p* VARIOUS TIMES VARIOUS TIMES	SUN MON TUE 8-9a* 8:30-9:15a*/ 9:30-10:30a*/6-6:50p* 9:30-10:30a* VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES	SUN MON TUE WED 8-9a* 8:30-9:15a*/ 9:30-10:30a*/6-6:50p* 9:30-10:30a* 9:30-10:30a*/6:15-7:15p* - - - - - - VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES - - 3:45-4p*/4-4:30p/ 4:30-5:15p/5:15-6p*	SUN MON TUE WED THU 8-9a* 8:30-9:15a*/ 9:30-10:30a*/6:6:50p* 9:30-10:30a* 9:30-10:30a*/6:15-7:15p* 8:30-9:15a*/ 9:30-10:30a* - - - - - - - - - - - 6:30-10p VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES - - 3:45-4p*/4-4:30p/ 4:30-5:15p/5:15-6p* 5:30p/5:45-6:30p	SUN MON TUE WED THU FRI 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*/6:35-7:15p* 9:30-10:30a* 9:30-10:30a* - - - - - - - - - - - 6:30-10p - VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES - - - 3:45-4p*/4-4:30p/ 4:30-5:15p/5:15-6p* 4:30-4:45p*/4-4:5-6:30p/ 5:45-6:30p/6-6:45p*

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