

Pav YMCA

GYM SCHEDULE (SUBJECT TO CHANGE)

SUMMER SESSION 6/10/2024-8/18/2024



*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.

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

	SUN		MON		TUE		WED		т	IU	F	RI	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	Gym	Gym		
6:30 AM			S. Gym	N. Gym	S. Gym	N. Gym	S. Gym	N. Gym	S. Gym	N. Gym 6-9:30a	S. Gym	N. Gym		
6:45 AM			6-9:15a	6-9:30a	6-9:15a	6-9:30a	6-9:15a	6-9:30a	6-9:15a		6-9:15a	6-9:30a		
7:00 AM													Open	Open
7:15 AM													Gym	Gym
7:30 AM 7:45 AM			-										S. Gym 7-8:45a	N. Gym 7-8a
8:00 AM		GX												GX Class
8:15 AM	Open	Class												Boot Cam
8:30 AM	Gym S. Gym	Indoor Cycle												N. Gym 8-9a
8:45 AM	8a-2:45p	N. Gym 8-9a												0-54
9:00 AM		Open											Karate	Unlimited
9:15 AM		Gym	Summer		Summer		Summer		Summer		Summer		North &	
9:30 AM		N.Gym 9a-	Camp S. Gym	GX Class Boot	Camp S. Gym	GX Class Cardio	Camp S. Gym	GX Class Boot	Camp S. Gym	GX Class Interval	Camp S. Gym	GX Class Cardio	8:45a-11a	
9:45 AM	-	2:45p	9:15a-3p	Camp	9:15a-3p	Blast	9:15a-3p	Camp	9:15a-3p	Training	9:15a-3p	Blast		
10:00 AM	-			N. Gym 9:30-		N. Gym 9:30-		N. Gym 9:30-		N. Gym 9:30-		N. Gym 9:30-		
0:15 AM				10:30a		10:30a		10:30a Open Gym		10:30a		10:30a Open Gym		
10:45 AM				Open		Open		N. Gym 10:30–11a		Open Gym		Open Gym N. Gym 10:30-11a		
11:00 AM				Gym N. Gym		Gym N. Gym		Pickleball		N. Gym		Pickleball		
11:15 AM				10:30a-6p		10:30a-		N. Gym		10:30a- 6:30p		N. Gym	Open Gym	Little
11:30 AM						4:15p		11a-1p				11a–1p	S. Gym 11a-	Ballers N. Gym
11:45 AM													11a- 2:45p	11:30a-12
12:00 PM	-													Youth
12:15 PM	-													Basketba N. Gym
2:30 PM 2:45 PM	-													12:15-1p
2:45 PM												0		N
:15 PM	-							Open Gym				Open Gym		Youth Basketb
:30 PM	-							N. Gym				N. Gym		N. Gym
I:45 PM								1-3:45p				1-3:45p		1:15-2p*
2:00 PM														
2:15 PM														Open Gy
2:30 PM														N. Gym 2:15–2:45p
2:45 PM*														
3:00 PM			Open		Open		Open		Open		Open			
3:15 PM			Gym S. Gym		Gym S. Gym		Gym S. Gym		Gym S. Gym		Gym S. Gym			
3:30 PM 3:45 PM			3-8:45p		3-8:45p		3-8:45p	1.001-	3-4:30p		3-8:45p	Little		
4:00 PM								Little Kickers				Ballers		
4:15 PM						Adv.		N. Gym 4-4:30p*				N. Gym 4-4:30p*		
4:30 PM						Youth		Vouth	Youth			Youth		
4:45 PM						N. Gym		Soccer N. Gym 4:30-5:15p	Volleyball			Basketball		
5:00 PM						4:30- 5:15p*		4:30-5:15p				N. Gym 4:45-		
5:15 PM						Adv.		Youth Soccer	5:30p*			5:30p		
5:30 PM						Youth Soccer		N. Gym	Youth			Youth Basketball		
5:45 PM						N. Gym 5:15-6p*		5:15-6p	Volleyball S. Gym			N. Gym 5:45-		
6:00 PM 6:15 PM				GX Class Strength &				CVC	5:45-6:30p			5:45- 6:30p*		
6:30 PM				Tone		Open Gym		GX Class Strength &						
6:45 PM				N. Gym 6-6:50p		Gym N. Gym 6:15-8:45p		Tone N. Gym	Volleyba League	all				
7:00 PM				Open		6:15-8:45p		6:15-7:15p	North & S	outh Gyms		Open Gym		
7:15 PM				Gym				Open	6:30-10p			N. Gym		
7:30 PM				Gym N. Gym 7-8:45p				Gym				6:45- 8:45p		
':45 PM								N. Gym						
3:00 PM								7:15-8:45p						
B:15 PM														
3:30 PM														
3:45 PM*														
9:00 PM														
9:15 PM														
9:30 PM											L			
9:45 PM 0:00 PM							I				 			
0.00 PM	1	AT 2:45P		AT 8:45P		AT 8:45P	I	AT 8:45P	*CLOSES			AT 8:45P	*CLOSE	

SUMMER CAMP GX CLASSES KARATE UNLIMITED LEAGUES/EVENTS OPEN GYM

YOUTH PROGRAMMING

PICKLEBALL

SUN

8-9a

VARIOUS TIMES

MON

:30-10:30a/6-6:50

VARIOUS TIMES

*Indicates a 15 minute window reserved for equipment setup/takedown for Youth Programming classes.

TUE

9:30-10:30a

VARIOUS TIMES

4:15–4:30p*/4:30–5:15p 5:15–6p/6–6:15p* WED

9:15a-3

:30-10:30a/6:15-7:15

VARIOUS TIMES

3:45-4p*/4-4:30p/ 4:30-5:15p/5:15-6p

11a-1p

THU

1-15a-3

9:30-10:30a

6:30-10p

VARIOUS TIMES

4:30-4:45p*/4:45-5:30p/5:45-6:30p FRI

9:15a-3p 9:30<u>-10:30</u>a

VARIOUS TIMES

3:45-4p*/4-4:30p/

4:45-5:30p/

5:45-6:30p/6-6:45p*

11a-1p

SAT

8-9a

VARIOUS TIMES

11:15-11:30a*/

11:30a-12p/12:15-1p

1:15-2p/2-2:15p