



Pav YMCA

# GYM SCHEDULE

(SUBJECT TO CHANGE)

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

SUMMER CAMP	
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.

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

	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	Open Gym	Open Gym	Open Gym	Open Gym	
6:15 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
6:30 AM		S. Gym 6-9:15a	S. Gym 6-9:30a	S. Gym 6-9:15a	S. Gym 6-9:15a	S. Gym 6-9:15a	
6:45 AM							
7:00 AM							
7:15 AM							Open Gym 5: Gym 7-8:45a
7:30 AM							Open Gym N. Gym 7-8a
7:45 AM							
8:00 AM	Open Gym S. Gym 8a-2:45p	GX Class Indoor Cycle N. Gym 8-9a					GX Class Boot Camp N. Gym 8-9a
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM		Open Gym N. Gym 9a-2:45p	Summer Camp S. Gym 9:15a-3p	Summer Camp S. Gym 9:15a-3p	Summer Camp S. Gym 9:15a-3p	Summer Camp S. Gym 9:15a-3p	Karate Unlimited North & South Gyms 8:45a-11a
9:15 AM			GX Class Boot Camp N. Gym 9:30-10:30a	GX Class Boot Camp N. Gym 9:30-10:30a	GX Class Interval Training N. Gym 9:30-10:30a	GX Class Cardio Blast N. Gym 9:30-10:30a	
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM		Open Gym N. Gym 10:30a-6p	Open Gym N. Gym 10:30a-4:15p	Open Gym N. Gym 10:30-11a	Open Gym N. Gym 10:30a-6:30p	Open Gym N. Gym 10:30-11a	
11:00 AM							Open Gym 5: Gym 11a-2:45p
11:15 AM							Little Ballers N. Gym 11:30a-12p*
11:30 AM							Youth Basketball N. Gym 12:15-1p
11:45 AM							
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2:45 PM*							
3:00 PM		Open Gym S. Gym 3-8:45p	Open Gym S. Gym 3-8:45p	Open Gym S. Gym 3-8:45p	Open Gym S. Gym 3-4:30p	Open Gym S. Gym 3-8:45p	
3:15 PM							
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	*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
SUMMER CAMP	-	9:15a-3p	9:15a-3p	9:15a-3p	9:15a-3p	9:15a-3p	-
GX CLASSES	8-9a	9:30-10:30a/6-6:50p	9:30-10:30a	9:30-10:30a/6:15-7:15p	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	-	-	4:15-4:30p/4:30-5:15p/5:15-6p/6-6:15p*	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-1p	-	11a-1p	-

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