

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.

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

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

	SU	SUN		MON		TUE		WED		THU		FRI		SAT	
	Open	s 8am	Open	s 6am	Open	s 6am	Open	s 6am	Open	s 6am	Open	s 6am	Open	s 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 6-8:15a	S. Gym	N. Gym			
6:45 AM			6-9:15a	6-9:15a	6-9:15a	6-8:15a	6-9:15a	6-9:15a	6-9:15a		6-9:15a	6-9:15a			
7:00 AM													Open	Open	
7:15 AM													Gym	Gym N. Gym	
7:30 AM													S. Gym 7-8:45a	7-7:45a	
7:45 AM													/-0:43d	GX	
8:00 AM	Open	GX Class												Class Boot	
8:15 AM	Gym	Class Indoor				GX Class Club				GX Class Club				Camp	
8:30 AM	S. Gym 8a-2:45p	Cycle N. Gym				Remix N. Gym				Remix				N. Gym	
9:00 AM	- 00 2.100	8-9a*				8:30-				N. Gym 8:30-				8-9a*	
9:15 AM	-		C		C	9:15a*	C		C	9:15a*	C			Inlimited outh Gyms	
9:30 AM	-	Open Gym	Summer Camp	GX Class	Summer Camp	GX Class	Summer Camp	GX Class	Summer Camp	GV Class	Summer Camp	CV Class	8:45a-11a		
9:45 AM	-	N. Gym	S. Gym 9:15a-3p	Boot	S. Gym 9:15a-3p	Cardio	S. Gym 9:15a-3p	Boot	S. Gym 9:15a-3p	GX Class Interval	S. Gym 9:15a-3p	GX Class Cardio			
10:00 AM	-	9:15a-		Camp N. Gym	5.15 G	Blast N. Gym		Camp N. Gym	JJ. 5p	Training N. Gym	5.15 G	Blast N. Gvm			
10:15 AM	-	2:45p		9:30- 10:30a*		9:30 ⁻ - 10:30a*		9:30- 10:30a*		9:30- 10:30a*		N. Gym 9:30- 10:30a*			
10:30 AM	-			10.30a		10.500		10.30a		10.508		10:50a			
10:45 AM				Open		Onen				Open					
11:00 AM				Open Gym		Open Gym		Pickleball		Gỳm		Pickleball			
11:15 AM				N. Gym		N. Gym		N. Gym		N. Gym 10:45a-		N. Gym	Open Gym	Little	
11:30 AM				10:45a- 5:45p		10:45a- 8:45p		11a-1p		6:30p		11a-1p	S. Gym	Ballers	
11:45 AM				a:+ah		o:45h							11a- 2:45p	N. Gym 11:30a-12p	
12:00 PM	1												2:45p		
12:15 PM														Youth Basketba	
12:30 PM														N. Gym	
12:45 PM	1													12:15-1p	
1:00 PM	-							Open				Open		Youth	
1:15 PM								Gym				Gym		Basketba	
1:30 PM								N. Gym				N. Gym 1-3:45p		N. Gym 1:15-2p*	
1:45 PM								1-3:45p				1-5:45p			
2:00 PM															
2:15 PM														Open Gyr	
2:30 PM														N. Gym 2:15–2:45p	
2:45 PM*															
3:00 PM			Open		Open		Open		Open		Open				
3:15 PM			Gym		Gym		Gym		Gym		Gym				
3:30 PM			S. Gym 3-8:45p		S. Gym 3-8:45p		S. Gym 3-8:45p		S. Gym 3-4:30p		S. Gym 3-8:45p				
3:45 PM								Little Kickers				Little Ballers			
4:00 PM								N. Gym				N. Gym 4-4:30p*			
4:15 PM								4-4:30p*	V						
4:30 PM	-							Youth Soccer	Youth Volleyball			Youth Basketball			
4:45 PM	-							N. Gym 4:30-5:15p				N. Gym			
5:00 PM	-								4:45- 5:30p*			4:45- 5:30p			
5:15 PM 5:30 PM	-							Youth Soccer							
5:45 PM								N. Gym 5:15-6p*	Youth Volleyball			Youth Basketball			
6:00 PM	-			GX Class				э.13-ор	S. Gym			N. Gym 5:45-			
6:15 PM	-			Strength &					5:45-6:30p			6:30p*	-		
6:30 PM	 			Tone N. Gym				GX Class Strength &							
6:45 PM	<u> </u>			6-6:50p*				Tone	Volleyba	III					
7:00 PM	 							N. Gym 6:15-7:15p*	League North & So	outh Gyms		Open Gym			
7:15 PM				Open Gym				4ci.7 - ci.6	6:30-10p	7		N. Gym			
7:30 PM	 			Gym N. Gym 7:05- 8:45p								6:45- 8:45p			
7:45 PM	 			7:05- 8:45p				Open				0.45р			
8:00 PM								Gym N. Gym							
8:15 PM								7:30-							
8:30 PM								8:45p					—		
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	
														AT	
ED CAMD	SUN		MON 9:15a-3p		TUE 9:15a-3p		WED 9:15a-3p		THU 9:15a-3p		FRI 9:15a-3n		2	r-1.1	

		CLU3E3 AT 2:43P	CLU3E3 AT 6:43P	CLU3E3 AT 6:43P	CLU3E3 AT 6:43P	CLU3E3 AT 6:43P	CLUSES AT 6:45P	CLU3E3 AT 2:43P
		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 CL	ASSES	8-9a*	9:30-10:30a*/ 6-6:50p*	8:30-9:15*/ 9:30-10:30a*	9:30-10:30a*/ 6:15-7:15p*	8:30-9:15*/ 9:30-10:30a*	9:30-10:30a*	8-9a*
KARATE UNLI	MITED	-	-	-	-	-	-	8:45-11a
LEAGUES/E\	VENTS	-	-	-		6:30-10p	-	-
OPE	N GYM	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES
YOUTH PROGRAM	MING	1		1	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*
PICKL	EBALL	-	-	-	11a-1p	-	11a-1p	-