



Pav YMCA

GYM SCHEDULE

(SUBJECT TO CHANGE)

WINTER SESSION
1/6/2025-2/16/2025

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

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	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 6a-8:45p	N. Gym 6-8:15a	S. Gym 6a-8:45p	N. Gym 6-8:15a	S. Gym 6a-8:45p	N. Gym 6-9:15a
6:45 AM							
7:00 AM							
7:15 AM							
7:30 AM							Open Gym 5. Gym 7-7:45a
7:45 AM							Open Gym 7-8:45a
8:00 AM	Open Gym 5. Gym 8a-2:45p						GX Class Boot Camp N. Gym 8-9a*
8:15 AM							
8:30 AM		GX Class Club Remix N. Gym 8:30-9:15a*			GX Class Club Remix N. Gym 8:30-9:15a*		
8:45 AM							
9:00 AM							Karate Unlimited North & South Gyms 8:45a-11a
9:15 AM							
9:30 AM							
9:45 AM		Open Gym N. Gym 9:15a-2:45p	GX Class Boot Camp N. Gym 9:30-10:30a*	GX Class Cardio Blast 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*	
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM		Open Gym N. Gym 10:45a-5:45p	Open Gym N. Gym 10:45a-8:45p				Open Gym 5. Gym 11a-2:45p
11:15 AM					Pickleball N. Gym 11a-2p		Little Ballers N. Gym 11:30a-12p*
11:30 AM							
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2:15 PM							
2:30 PM					Open Gym N. Gym 2-3:45p		Open Gym N. Gym 2:15-2:45p
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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*/6:15-7:15p*	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/11:5-2p/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.