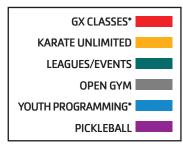


Pav YMCA

GYM SCHEDULE (SUBJECT TO CHANGE)

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

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



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 Opens 8am		MON Opens 6am		TUE Opens 6am		WED		THU		FRI		SAT	
6.00.000							Open	s 6am	Open	s 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 N. Gym	Gym	Gym		
6:30 AM			S. Gym 6a-8:45p	N. Gym 6-8:15a	S. Gym 6a-8:45p	N. Gym 6-9:15a	5. Gym 6a-8:45p	N. Gym 6-8:15a	S. Gym 6a-4:30p	6-8:15a	S. Gym 6a-8:45p	N. Gym 6-9:15a		
6:45 AM 7:00 AM														0
7:15 AM													Open	Open Gym
7:15 AM													Gym	N, Gym
7:45 AM													S. Gym 7-8:45a	7-7:45a
7:45 AM 8:00 AM														GX
8:15 AM	Open	GX Class												Class Boot
8:30 AM	Gym S.Gym	Indoor		GX Class				GX Class		GX Class				Camp
8:45 AM	8a-2:45p	Cycle N, Gym		Club Remix				Club Rembx		Club Remix				N, Gym 8-9a*
9:00 AM		8-9a*		N, Gym 8:30-				N, Gym 8:30-		N. Gym 8:30-				
9:15 AM		Open		9:15a*				9:15a*		9:15a*				Jnlimited outh Gyms
9:30 AM		Gym										GX Class	8:45a-11a	
9:45 AM	-	N. Gym		GX Class Boot		GX Class Cardio		GX Class Boot		GX Class Interval		Cardio		
10:00 AM		9:15a- 2:45p		Camp N. Gym		Blast		Camp N. Gym 9:30-		Training		Blast N. Gym		
10:15 AM		2;45µ		9:30-		N, Gym 9:30-		9:30-		N. Gym 9:30-		9:30- 10:30a*		
10:30 AM				10:30a*		10:30a*		10:30a*		10:30a*				
10:45 AM				Open		Open				Open				
11:00 AM				Gym		Gym		Pickleball		Gym		Pickleball	0.000	
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- &:45p		11a-2p		6:30p		11a-2p	S, Gym	Ballers N. Gym
11:45 AM													11a- 2:45p	N. Gym 11:30a-12p*
12:00 PM														Youth
12:15 PM														Basketball
12:30 PM														N. Gym 12:15–1p
12:45 PM														12,15 10
1:00 PM														Youth
1:15 PM	-													Basketball N. Gym
1:30 PM	-													1:15-2p*
1:45 PM														
2:00 PM								Open				Open		
2:15 PM								Gym				Gym		Open Gym N. Gym 2:15-2:45p
2:30 PM								N. Gym 2-3:45p				N. Gym 2-3:45p		2:15-2:45p
2:45 PM*														
3:00 PM 3:15 PM														
3:30 PM														
3:45 PM								1				Little		
4:00 PM								Little Kickers				Ballers		
4:00 PM								N, Gym 4-4;30p*				N, Gym 4-4:30p*		
4:30 PM								Youth	Youth					
4:45 PM								Soccer	Volleyball			Youth Basketball		
5:00 PM								Soccer N, 6ym 4:30-5:15p	S, Gym 4:45-			N, Gym 4:45-		
5:15 PM									4:45- 5:30p*			5:30p		
5:30 PM								Youth Soccer N. 6ym 5:15-6p*	Youth			Youth		
5:45 PM								N. Gym 5:15-6p*	Volleyball			Basketball N, Gym 5:45-		
6:00 PM				GX Class					S. Gym 5:45-6:30p			5:45-		
6:15 PM				Strength & Tone				GV CI	5-13-0:50p			6:30p*		
6:30 PM				N, Gym 6-6:50p*				GX Class Strength &	Volleyba					
6:45 PM	İ			0-0:50p				Tone N. Gym	League			Open		
7:00 PM				0				6;15-7;15p*	North & So	outh Gyms		Open Gym		
7:15 PM				Open Gym N. Gym 7:05- 8:45p					6:30-10p			N.Gym 6:45-		
7:30 PM				N. Gym 7:05-				Open				6:45- 8:45p		
7:45 PM				8:45p				Gym						
8:00 PM								N, Gym						
8:15 PM								7:30- 8:45p						
8:30 PM								on op						
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 & 45P		*CLOSES AT 8:45P		*CLOSES AT 2:45P	
	SUN		MON		TUE		WED		THU		FRI		SAT	

GX CLASSES KARATE UNLIMITED LEAGUES/EVENTS OPEN GYM

YOUTH PROGRAMMING

PICKLEBALL

8:30-9:15a*/

9:30-10:30a*/6-6:50p

VARIOUS TIMES

9:30-10:30a*

VARIOUS TIMES

8-9a*

VARIOUS TIMES

11a-2p *Indicates there is a 15 minute window reserved for equipment setup/takedown for Youth Programming and Group Exercise classes.

8:30-9:15a*/

9:30-10:30a*/6:15-7:15p

VARIOUS TIMES

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

8:30-9:15a*/

9:30-10:30a

6:30-10p

VARIOUS TIMES

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

9:30-10:30a*

VARIOUSTIMES

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

4:45-5:30p/

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

11a-2p

8-9a*

VARIOUS TIMES

11:15-11:30a*/

11:30a-12p/12:15-1p/ 1:15-2p/2-2:15p