



Pav YMCA

GYM SCHEDULE

(SUBJECT TO CHANGE)

SUMMER SESSION
6/9/2025-8/17/2025*

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

***Facility will be closed on Friday,**
7/4 for Independence Day.

***Please note, Mon/Wed/Thurs**
Club Remix classes begin in July.

GX CLASSES*	
KARATE UNLIMITED	
LEAGUES/EVENTS	
OPEN GYM	
YOUTH PROGRAMMING*	
PICKLEBALL	
SUMMER CAMP	

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 S. Gym 6-9:15a	Open Gym S. Gym 6-9:15a	Open Gym S. Gym 6-9:15a	Open Gym S. Gym 6-9:15a	Open Gym S. Gym 6-9:15a	
6:15 AM		Open Gym N. Gym 6-8:15a	Open Gym N. Gym 6-9:15a	Open Gym N. Gym 6-8:15a	Open Gym N. Gym 6-8:15a	Open Gym N. Gym 6-9:15a	
6:30 AM							
6:45 AM							
7:00 AM							Open Gym S. Gym 7-8:45a
7:15 AM							Open Gym N. Gym 7-7:45a
7:30 AM							
7:45 AM							
8:00 AM	Open Gym S. Gym 8a-2:45p						
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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
GX CLASSES	8-9a*	9:30-10:30a*/6-7p*	9:30-10:30a*	9:30-10:30a*/6:15-7:15p*	9:30-10:30a*	9:30-10:30a*	8-9a*
KARATE UNLIMITED	-	-	-	-	6:30-10p	-	8:45-11a
LEAGUES/EVENTS	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES	VARIOUS TIMES
OPEN GYM	12:15-12:45p*/1-1:45p/2-2:45p	-	-	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	-	12:15-12:45p*/1-1:45p/2-2:45p
YOUTH PROGRAMMING	-	-	-	11a-1p	-	11a-1p	-
PICKLEBALL	-	9:15a-4p	9:15a-4p	9:15a-4p	9:15a-4p	9:15a-4p	-
SUMMER CAMP	-	-	-	-	-	-	-

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