

**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.



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	
	Open	Opens 8am		Opens 6am		Opens 6am		Opens 6am		Opens 6am		Opens 6am		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 N. Gym	Gym	Gym		
6:30 AM 6:45 AM			S. Gym 6-9:15a	N. Gym 6-8:15a	S. Gym 6-9:15a	N. Gym 6-9:15a	S. Gym 6-9:15a	N. Gym 6-8:15a	S. Gym 6-9:15a	6-8:15a	S. Gym 6-9:15a	N. Gym 6-9:15a		
7:00 AM														0
7:00 AM 7:15 AM													Open	Open Gym
7:30 AM			1										Gym	N. Gym
7:45 AM			-										S. Gym 7-8:45a	7-7:45a
8:00 AM														GX Class
8:15 AM	Open	GX 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 Remix*		Club Remix*				N. Gym 8-9a*
9:00 AM	-	8-9a*		N. Gym 8:30-				N. Gym 8:30-		N. Gym 8:30-			V	
9:15 AM	4	Open		9:15a*				9:15a*		9:15a*				Jnlimited outh Gyms
9:30 AM	-	Gym	Summer	CV CI	Summer	CV Cl	Summer	ev el	Summer	CV CI	Summer	GX Class	8:45a-11a	
9:45 AM		N. Gym	Camp S. Gym	GX Class Boot	Camp S. Gym	GX Class Cardio	Camp S. Gym	GX Class Boot	Camp S. Gym	GX Class Interval	Camp S. Gym	Cardio Blast		
10:00 AM	-	9:15a- 12p	9:15a-4p	Camp N. Gym	9:15a-4p	Blast N. Gym	9:15a-4p	Camp N. Gym	9:15a-4p	Training N. Gym	9:15a-4p	N. Gym 9:30-		
10:15 AM				9:30- 10:30a*		9:30- 10:30a*		9:30-		9:30- 10:30a*		9:30- 10:30a*		
10:30 AM				10:50a		10:50a		10:30a*		10:50a				
10:45 AM				Open		Open				Open				
11:00 AM				Gym		Gym		Pickleball		Gym N. Gym		Pickleball	Open	Open
11:15 AM				N. Gym 10:45a-		N. Gym 10:45a-		N. Gym 11a-1p		10:45a-		N. Gym 11a-1p	Gym	Gym
11:30 AM				5:45p		8:45p		па-тр		6:30p		па-тр	S. Gym 11a-	N. Gym 11a-12p
11:45 AM													2:45p	- na izp
12:00 PM		Little												Little
12:15 PM		Ballers												Ballers
12:30 PM		N. Gym 12:15-12:45p*												N. Gym 12:15-12:45p
12:45 PM	-													
1:00 PM		Youth Basketball						Open				Open		Youth Basketbal
1:15 PM	-	N. Gym						Gym N. Gym				Gym N. Gym		N. Gym
1:30 PM	-	1-1:45p						1-6p				1-8:45p		1-1:45p
1:45 PM	-	Youth						·						Vauth
2:00 PM	-	Basketball												Youth Basketbal
2:15 PM	-	N. Gym 2-2:45p												N. Gym 2-2:45p
2:30 PM 2:45 PM*		2-2:45p												2-2:43p
3:00 PM														
3:15 PM			-											
3:30 PM														
3:45 PM														
4:00 PM							Little		5 C					
4:15 PM			Open		Open		Kickers		5. Gym 4-4:30p		Open			
4:30 PM			Gym S. Gym		Gym S. Gym		5. Gym 4-4:30p*		Youth		Gym S. Gym			
4:45 PM			4-8:45p		4-8:45p		Youth		Volleyball		4-8:45p			
5:00 PM							Soccer		5. Gym 4.45-					
5:15 PM							5. Gym 4:30-5:15p		5:30p*					
5:30 PM							Youth		Youth					
5:45 PM							Soccer S. Gym		Volleyball					
6:00 PM				GX Class			5:15-6p*		S. Gym 5:45-6:30p					
6:15 PM				Strength &			Open	GX Class	σ.50μ					
6:30 PM				Tone N. Gym			Gym	Strength &	Volleyba	ıll				
6:45 PM				6-7p*			S. Gym	Tone N. Gym	League					
7:00 PM							6:15- 8:45p	6:15-7:15p*	North & S	outh Gyms				
7:15 PM				Open					6:30-10p					
7:30 PM				Gym				Open						
7:45 PM				Open Gym N. Gym 7:05-				Gym						
8:00 PM				8:15p				N. Gym 7:30-						
8:15 PM								7:30- 8:45p						
8:30 PM														
8:45 PM*														
9:00 PM			<b></b>											
9:15 PM														
9:30 PM			<u> </u>											
9:45 PM			ļ											
10:00 PM	*CLOSES AT 2-45B		15, 0555-15-15-		151 0525 127		161 06-0-1-				161 0620 117		te: 00	AT 2-400
	*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 8-9a*		МС		TL		WED		THU		FRI		SAT	
CLASSES			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*

**GX CLASSES** KARATE UNLIMITED 6:30-10p LEAGUES/EVENTS VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES VARIOUS TIMES OPEN GYM 4:30-4:45p\*/4:45 5:30p/5:45-6:30p 3:45-4p\*/4-4:30p/ 4:30-5:15p/5:15-6p YOUTH PROGRAMMING 11a-1p **PICKLEBALL** 9:15a-4p SUMMER CAMP

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