

# Studio/Gym Spring Schedule

Effective March 23, 2024



PETERBOROUGH (BALSILLIE YMCA)

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday									
	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym	Studio	Gym								
6:00-6:30	Fitness	Open 2	Open	Open 2	Open	Open	Open	Open	Fitness	Open	Open	Open	Open	Open	6:00-6:30							
6:30-7:00															6:30-7:00							
7:00-7:30	Open			Open	Pickle Ball				Fitness		Open		Fitness		Fitness	Open	Open	Open	Open	Open	Open	7:00-7:30
7:30-8:00																						7:30-8:00
8:00-8:30	Open	Fitness	Fitness	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	8:00-8:30							
8:30-9:00															8:30-9:00							
9:00-9:30	Fitness	Family Drop-In 1	Fitness	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	9:00-9:30							
9:30-10:00															9:30-10:00							
10:00-10:30	Fitness	Open 2	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	10:00-10:30							
10:30-11:00															10:30-11:00							
11:00-11:30	Open	Open 2	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	11:00-11:30							
11:30-12:00															11:30-12:00							
12:00-12:30	Fitness	Pickle Ball	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	12:00-12:30							
12:30-1:00															12:30-1:00							
1:00-1:30	Open	Pickle Ball	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	1:00-1:30							
1:30-2:00															1:30-2:00							
2:00-2:30															2:00-2:30							
2:30-3:00															2:30-3:00							
3:00-3:30	Open	Open 1	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	3:00-3:30							
3:30-4:00															3:30-4:00							
4:00-4:30	Open	Youth Programs	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	4:00-4:30							
4:30-5:00															4:30-5:00							
5:00-5:30	Fitness	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	Youth Programs	5:00-5:30							
5:30-6:00															5:30-6:00							
6:00-6:30	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	Fitness	6:00-6:30							
6:30-7:00															6:30-7:00							
7:00-7:30	Open	Drop-In Badminton	Open	Pickle Ball	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	7:00-7:30							
7:30-8:00															7:30-8:00							
8:00-8:30	Open	Drop-In Badminton	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	Open	8:00-8:30							
8:30-9:00															8:30-9:00							
9:00-9:30															9:00-9:30							
9:30-10:00															9:30-10:00							

\*Schedule is subject to change on Holidays and PA days.

\*Numbers on schedule indicate the maximum number of nets that may be used during those times. Based on volume of participants