



## 2024 Spring OPEN GYM SCHEDULE

### JOHN WILLIAMS YMCA

Revised March 25 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8-10:15 FITNESS CLASSES	9-10AM FITNESS CLASS	9-10AM FITNESS CLASS	9-9:45AM FITNESS CLASS	8-10:15AM FITNESS CLASSES	9:15-10AM FITNESS CLASS	7am-5:30pm Family/Open Gym
10:30AM- 12PM STAY AND PLAY	10:30AM- 12PM STAY AND PLAY	10:30AM- 12PM STAY AND PLAY	10:30AM- 12PM STAY AND PLAY	10:30AM- 12PM STAY AND PLAY	8:45am- 12:15pm Youth Programs	
12-4PM PICKLEBALL	12-4PM PICKLEBALL	12-4PM PICKLEBALL	12-4PM PICKLEBALL	12-2pm Pickleball	12:15- 5:30pm Open Gym	
4-4:45PM OPEN GYM	4-5PM OPEN GYM	4-5PM OPEN GYM	4:45- 8:15pm Youth Programs	2-4pm Open Gym		
4:45- 8:15pm Youth Programs	5:30- 6:15PM FITNESS CLASS	5:30-6:30PM FITNESS CLASS	8:15-9pm Open Gym	4:45- 6:35pm Youth Programs		
8:20-9pm Open Gym	6:30-8pm Wheelchair Basketball	5:20-8pm Youth Programs				
		8-9pm Open Gym				