

2024 Spring OPEN GYM SCHEDULE

JOHN WILLIAMS YMCA

Revised March 25 2024

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