



# August 2022 Gymnasium Schedule

## Newman YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open Gym 6:00 am – 7:30 am	Open Gym 6:00 am – 7:30 am	Open Gym 6:00 am – 7:30 am	Open Gym 6:00 am – 7:30 am	Open Gym 6:00 am – 7:30 am	Cycle 7:45 am – 8:45 am
Badminton 7:30 am – 7:45 am Half Gym	Badminton 7:30 am – 7:45 am Half Gym	Badminton 7:30 am – 7:45 am Half Gym	Badminton 7:30 am – 7:45 am Half Gym	Badminton 7:30 am – 7:45 am Half Gym	
HIIT 8:00 am – 9:00am	Cycle 8:00 am – 9:00am	Strength & Conditioning 8:00 am – 9:00am	Cycle 8:00 am – 9:00am	Cycle 8:00 am – 9:00am	Open Gym 9:00 am – 11:45 am
Open Gym 9:00 am – 10:00 am	Open Gym 9:00 am – 10:00 am	Open Gym 9:00 am – 10:00 am	Open Gym 9:00 am – 10:00 am	Open Gym 9:00 am – 10:00 am	
CHILD CARE* 10:00 am – 12:00 pm	CHILD CARE* 10:00 am – 12:00 pm	CHILD CARE* 10:00 am – 12:00 pm	CHILD CARE* 10:00 am – 12:00 pm	CHILD CARE* 10:00 am – 12:00 pm	
Open Gym 12:00 pm – 3:00 pm	Open Gym 12:00 pm – 3:00 pm	Open Gym 12:00 pm – 3:00 pm	Open Gym 12:00 pm – 3:00 pm	Open Gym 12:00 pm – 3:00 pm	
CHILD CARE* 3:00 pm – 4:00 pm	CHILD CARE* 3:00 pm – 4:00 pm	CHILD CARE* 3:00 pm – 4:00 pm	CHILD CARE* 3:00 pm – 4:00 pm	CHILD CARE* 3:00 pm – 4:00 pm	*Please note that during Child Care hours half of the gym will be Open Gym
Open Gym 4:30 pm – 5:30 pm	Open Gym 4:00 pm – 5:30 pm	Open Gym 4:00 pm – 5:00 pm	Open Gym 4:00 pm – 5:45 pm	Open Gym 4:00 pm – 6:15 pm	
Zumba 5:30 pm – 6:30 pm Half Gym		Group Exercise 5:00 pm – 7:00 pm Half Gym	Zumba 5:30 pm – 6:30 pm Half Gym		
Open Gym 6:30 pm – 7:45 pm		Open Gym 7:00 pm – 7:45 pm	Open Gym 6:30 pm – 7:45 pm		