



# September 2022 Gymnasium Schedule

Bayside Family YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5 - 6 am	Open Gym 5 - 10 am	Open Gym 5 - 6 am	Open Gym 5 - 9:30 am	Open Gym 5 - 10 am	Open Gym 6 am - 2 pm	Adult Open Gym 6 - 9 am
HIIT Janette 6:30 - 7:30 am		HIIT Janette 6:30 - 7:30 am				Open Gym 9 am - 2 pm
Open Gym 7:30 - 10 am		Open Gym 7:30 - 10 am				
Senior Strength 10 - 11 am	Mini Kickers 10 am	Senior Strength 10 - 11 am	Tumbling Tots 10 am	Senior Strength 10 - 11 am		
Open Gym 11 am - 1:30 pm	Zumba 11 am - 12 pm	Open Gym 11 am - 1:30 pm	Zumba 11 am - 12 pm	Sports Mania 11 am - 12 pm		
	Open Gym 12 - 1:30 pm		Open Gym 12 - 1:30 pm	Open Gym 12 - 1:30 pm		
Out of School Time 2 - 5:30 pm	Out of School Time 2 - 5:30 pm	Out of School Time 2 - 5:30 pm	Out of School Time 2 - 5:30 pm	Out of School Time 2 - 6 pm		
Volleyball 5 pm	Basketball Clinic 1 5 pm	Beginner Basketball 5 pm	Nerf 5 pm			
Open Gym 6:15 - 8 pm	Open Gym 6:15 - 8 pm	Open Gym 6:15 - 8 pm	Open Gym 6:15 - 8 pm			

## Building Hours

Monday - Thursday: 5 am - 8 pm  
 Friday: 5 am - 6:30 pm  
 Saturday & Sunday: 7 am - 2 pm

» Schedule is subject to change »