



# September 2022 Gymnasium Schedule

# Newman YMCA

## MONDAY

Badminton  
6:00 am – 7:30 am

Badminton  
7:30 am – 7:45 am  
Half Gym

HIIT  
8:00 am – 9:00am

Open Gym  
9:00 am – 10:00 am

CHILD CARE\*  
10:00 am – 12:00 pm

Open Gym  
12:00 pm – 3:00 pm

CHILD CARE\*  
3:00 pm – 4:00 pm

Open Gym  
4:30 pm – 5:30 pm

Zumba  
5:30 pm – 6:30 pm  
Half Gym

Open Gym  
6:30 pm – 8:45 pm

## TUESDAY

Badminton  
6:00 am – 7:30 am

Badminton  
7:30 am – 7:45 am  
Half Gym

Cycle  
8:00 am – 9:00am

Express Barbell  
9:15 am – 10:00 am

CHILD CARE\*  
10:00 am – 12:00 pm

Open Gym  
12:00 pm – 3:00 pm

CHILD CARE\*  
3:00 pm – 4:00 pm

Open Gym  
4:00 pm – 5:30 pm

Volleyball  
6:00 pm – 9:00 pm

## WEDNESDAY

Badminton  
6:00 am – 7:30 am

Badminton  
7:30 am – 7:45 am  
Half Gym

Strength & Conditioning  
8:00 am – 9:00am

Open Gym  
9:00 am – 10:00 am

CHILD CARE\*  
10:00 am – 12:00 pm

Open Gym  
12:00 pm – 3:00 pm

CHILD CARE\*  
3:00 pm – 4:00 pm

Open Gym  
4:00 pm – 5:00 pm

Group Exercise  
5:30 pm – 7:30 pm

Open Gym  
7:30 pm – 8:45 pm

## THURSDAY

Badminton  
6:00 am – 7:30 am

Badminton  
7:30 am – 7:45 am  
Half Gym

Cycle  
8:00 am – 9:00am

Open Gym  
9:00 am – 10:00 am

CHILD CARE\*  
10:00 am – 12:00 pm

Open Gym  
12:00 pm – 3:00 pm

CHILD CARE\*  
3:00 pm – 4:00 pm

Body Combat  
4:30 pm – 5:30 pm

Zumba  
5:30 pm – 6:30 pm  
Half Gym

Open Gym  
6:30 pm – 8:45 pm

## FRIDAY

Badminton  
6:00 am – 7:30 am

Badminton  
7:30 am – 7:45 am  
Half Gym

Cycle  
8:00 am – 9:00am

Open Gym  
9:00 am – 10:00 am

CHILD CARE\*  
10:00 am – 12:00 pm

Open Gym  
12:00 pm – 3:00 pm

CHILD CARE\*  
3:00 pm – 4:00 pm

Open Gym  
4:00 pm – 6:15 pm

## SATURDAY

Cycle  
7:45 am – 8:45 am

Body Combat  
9:00 am – 10:00 am

Open Gym  
10:00 am – 11:45 am

\*Please note that during Child Care hours half of the gym will be Open Gym