



November 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