

Bayside Family YMCA

GYMNASIUM SCHEDULE

Spring 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5	Open Gym 5:00-6:30	Open Gym 5:00-9:30	Open Gym 5:00-6:30	Open Gym 5:00-9:30	Open Gym 5:00-6:30		
6	HIIT 6:30-7:30		HIIT 6:30-7:30		HIIT 6:30-7:30		
7							
8							Adult Open Gym 7:00-10:00
9						Open Gym * 7:00-1:45	
10	Senior Strength 10:00-11:00	Sports Medley 10:00-11:00	Senior Strength 10:00-11:00	Tumbling Tots 10:00-10:50	Senior Strength 10:00-11:00		Womens Open Gym 10:00-11:00
11		Zumba 11:00-12:00		Zumba 11:00-12:00			
12	Open Gym* 11:00-2:00	Open Gym* 12:00-2:00	Open Gym* 11:00-2	Open Gym* 12:00-200	Open Gym* 11:00-2:00		Open Gym* 11:00-2:00
1							
2							
3	YMCA After School Program M-F					Building Hours Mon - 5am-8pm Tue - 5am-8pm Wed - 5am-8pm Thur - 5am-8pm Fri - 5am-6:30pm Sat - 7am-2pm Sun - 7am-2pm	
4	2:30-6:00						
5							
6							
7	Open Gym* 6:00-7:45	Open Gym* 6:00-7:45	Beginner Basketball 5:00-6:00	Beginner Basketball 5:00-6:00	Open Gym* 6:00-6:30		
8			Open Gym* 6:00-7:45	Open Gym* 6:00-7:45			

*Gym may be closed due to special events