

# Bayside Family YMCA

## GYMNASIUM SCHEDULE



Fall 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 5:00-10:30	Open Gym 5:00-6:30	Open Gym * 7:00-1:45	Adult Open Gym 7:00-10:00			
6	HIIT 6:30-7:30		HIIT 6:30-7:30		HIIT 6:30-7:30		Womens Open Gym 10:00-11:00			
7							Open Gym* 11:00-1:45			
8	Open Gym 8:00-9:30		Open Gym 8:00-9:30		Open Gym 8:00-9:30					
9										
10	Senior Strength I 10:00-11:00	Pre-K Sports Medley 10:00-10:45	Senior Strength I 10:00-11:00		Senior Strength I 10:00-11:00					
11										
12	Senior Strength II 11:00-12:00	Zumba 11:00-12:00	Senior Strength II 11:00-12:00	Zumba 11:00-12:00	Senior Strength II 11:00-12:00					
1	YMCA After School Program 2:30-6:00									
2										
3										
4										
5										
6	Youth Soccer 6:00-6:45	Youth Pickleball 5:15-6:00	Beginner Basketball 5:15-6:00	Youth Sports Medley 5:15-6:00	Open Gym* 5:00-6:30	<b>Building Hours</b> Mon - 5am-8pm Tue - 5am-8pm Wed - 5am-8pm Thur - 5am-8pm Fri - 5am-6:30pm Sat - 7am-2pm Sun - 7am-2pm				
7	Open Gym* 6:45-7:45	Open Gym* 6:00-7:45	Open Gym* 6:00-7:45	High School Volleyball Clinic 6:45-8:00						
8										

\*The Gymnasium may be closed at any time for special events\*