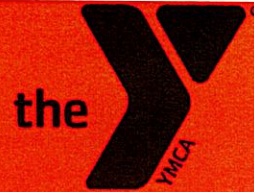


Bayside Family YMCA

GYMNASIUM SCHEDULE

Fall II 2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
5	Open Gym 5:00-6:30	Open Gym 5:00-10:30	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			HIIT 6:30-7:30						
7														
8	Open Gym 8:00-9:30		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		Senior Strength I 10:00-11:00		Senior Strength I 10:00-11:00			Womens Open Gym 10:00-11:00						
11	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				Open Gym* 11:00-1:45					
12														
1	YMCA After School Program 2:30-5:00													
2														
3														
4														
5														
6	Youth Basketball 5:00-7:00	Youth Basketball 4:00-8:00	Beginner Basketball 4:15-5:00	Youth Basketball 5:00-7:00	Youth Basketball 5:00-8:00	Building Hours Mon - 5am-8pm Tue - 5am-8pm Wed - 5am-8pm Thur - 5am-8pm Fri - 5am-6:30pm Sat - 7am-2pm Sun - 7am-2pm								
7			Youth Basketball 5:00-8:00				High School Volleyball Clinic 7:00-8:00							
8	Open Gym* 7:00-7:45													

The Gymnasium may be closed at any time for special events