

Bayside Family YMCA

GYMNASIUM SCHEDULE



Winter 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 * 7:00-7:45	Adult Open Gym 7:00-10:00					
6	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							
9												
10	Senior Strength I 10:00-11:00	Zumba 11:00-12:00	Senior Strength I 10:00-11:00	Adaptive/ Intro to Zumba 10:25-10:55	Senior Strength I 10:00-11:00	Youth Basketball League 7:45-3:00	Member Pickleball 10:00-12:00					
11	Senior Strength II 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* 12:00-1:45					
12												
1	YMCA After School Program 2:30-5:00											
2												
3												
4												
5						Building Hours Mon - 5am-8pm Tue - 5am-8pm Wed - 5am-8pm Thur - 5am-8pm Fri - 5am-6:30pm Sat - 7am-2pm Sun - 7am-2pm						
6	Youth Basketball League	Youth Basketball League	Beginner Basketball 4:15-5:00	Youth Basketball League	Youth Basketball League							
7			Youth Basketball League	Girls Volleyball Clinic 7:00-8:00								
8	Open Gym * 7:00-8:00											

The Gymnasium may be closed at any time for special events