

Bayside Family YMCA

GYMNASIUM SCHEDULE



Spring I 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5	Open Gym 5:00-6:30	Open Gym 5:00-11:00	Open Gym 5:00-6:30	Open Gym 5:00-10:15	Open Gym 5:00-6:30			
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	Open Gym * 7:00-8:45	Adult Open Gym 7:00-9:30
9							Pre School Sports Medley 9:00-9:45	
10	Senior Strength I 10:00-11:00		Senior Strength I 10:00-11:00	Adaptive/ Intro to Zumba 10:25-10:55	Senior Strength I 10:00-11:00		Member Pickleball 10:00-12:00	
11						Youth Sports Medley 10:00-10:50		
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		Open Gym* 12:00-1:45	
1	Open Gym- 12:15-2:15p Monday-Friday					Open Gym * 11:00-2:00		
2	YMCA After School Program 2:30-5:00 Monday-Friday							
3						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								
5								
6		Basketball Skills & Drills 5:00-5:45	Beginner Basketball 4:15-5:00	Basketball Skills & Drills S2 5:15-6:00	Youth Soccer Clinic 5:00-5:45			
7	Open Gym * 5:30-7:45			Girls Volleyball Clinic 6:30-7:45	Youth Dodgeball 6:00-7:00			
8		Open Gym * 6:00-7:45	Open Gym * 6:00-7:45					

The Gymnasium may be closed at any time for special events