



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST SIDE FAMILY Y
November 2017

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-5:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Y Closed	Y Closed
5:30-6:30	Gym Closed Ultimate Fit	Gym Closed Ultimate Fit	Gym Closed Ultimate Fit	Gym Closed Ultimate Fit	Gym Closed Ultimate Fit	Y Closed	Y Closed
6:30-9:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Y Closed
9:30-10:30	Gym Closed Boot Camp	Open Gym	Gym Closed Boot Camp	Open Gym	Gym Closed Boot Camp	Open Gym	Y Closed
10:30-12:00	Gym Closed Pickleball	Open Gym	Gym Closed Pickleball	Open Gym	Gym Closed Pickleball	Open Gym*	Y Closed
12:00-4:45	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym*	1:00-6:00 Open Gym
4:45-6:00	Gym Closed Ultimate Fit	Open Gym	Open Gym	Gym Closed Ultimate Fit	Open Gym	Open Gym	Open Gym
6:00-10:00	Open Gym	Open Gym	Open Gym 8pm-10pm Full Court Basketball	Open Gym	Open Gym 8pm-10pm Full Court Basketball	Y Closed	Y Closed

*The gym will be closed on Tuesday, November 7^h from 6am-6pm for Day Camp.

*The gym will be closed 11-1 Friday, November 17th for pot luck.

*The gym will be closed on Wednesday, November 22nd at 6pm.

*The gym will be closed all day Thursday, November 23rd for Thanksgiving.

Schedule subject to change based on school holidays and other events

See front desk to ensure times.

WEST SIDE FAMILY Y

400 N. Winston Rd. Knoxville, TN 37909

P 865 690 9622 **W** ymca-knoxville.org