



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

WEST SIDE FAMILY Y
 OCTOBER 2019

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	Ultimate Fit	Ultimate Fit	Ultimate Fit	Ultimate Fit	Ultimate Fit	Y Closed	Y Closed
6:30-8:00	Open Gym	6:30-7:30 Closed Kickboxing	Open Gym	6:30-7:30 Closed Kickboxing	Open Gym	Gym Closed 7am-8:15am Kickboxing	Y Closed
8:00-9:30	Kettle & Kick 8:15-9	Open Gym	Tabata 8:00-8:45	Open Gym	Zumba 8:30-9:25	Open Gym	Y Closed
9:30-10:30	Boot Camp	Open Gym	Boot Camp	Ultimate Fit 9:00-9:45	Open Gym	Open Gym	Y Closed
10:00-1:00	Pickle Ball 10:30-12:00 Open Gym 1:30-4:30	Home School PE 10-12 Open Gym 12:00-4:30	Kick Start Fitness 10:30-11:30 Pickle Ball 11:30-1:00 Open Gym 1:00-4:30	Home School PE 10-12 Open Gym 12:00-4:30	Pickle Ball 10:30-12:00 Open Gym 12:00-4:30	Open Gym	1:00-6:00 Open Gym
4:45-6:00	Ultimate Fit 5:00-5:45	Open Gym	Open Gym	Ultimate Fit 5:00-5:45	Open Gym	Open Gym	Open Gym
6:00-7:30	Youth Agility 6:00-6:45	PowerUp Fitness 6:00-6:45	Open Gym	Defense King 5:30-6:30 Open Gym 6:45	Zumba 6:00-7:00	Y Closed	Y Closed
7:30-10	Open Gym Full Court 8-10	Open Gym	Open Gym Full Court 8-10	Open Gym	Open Gym Full Court 8-10	Y Closed	Y Closed

****Schedule subject to change based on school holidays and other events****

WEST SIDE FAMILY Y
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