

| GYM SCHEDULE | | | | | | Downtown Y | |
|---------------|-------------------------------|---|--------------------------|-------------------------|--------------------------|--|------------------------------|
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 5:30am-9:00am | Open Gym Time 5:30-10:00 | Open Gym Time 5:30-9:00 | Open Gym Time 5:30-10:00 | Open Gym Time 5:30-9:00 | Open Gym Time 5:30-10:00 | | |
| 9:00am | | Bootcamp 9:00-9:55 | | | | | |
| 9:30am | | | | | | | |
| 10:00am | Gentle Fit 10:00-10:55 | 10:00-11:00 | Gentle Fit 10:00-10:55 | 10:00-11:00 | Gentle Fit 10:00-10:55 | Indoor Playground 10:00-1:00 | Together Time 10:15-11:45 |
| 10:30am | | | | | | | |
| 11:00am | 11:00-11:45 | 11:00-11:45 | 11:00-11:45 | 11:00-11:45 | 11:00-11:45 | Indoor Playground 10:00-1:00 | Indoor Playground 11:45-2:00 |
| 11:30am | | | | | | | |
| 12:00pm | Strength & Motion 12:05-12:55 | | Bootcamp 12:10-12:50 | | Indoor Soccer 12:00-1:45 | 10:00-1:30 | 12:15-2:00 |
| 12:30pm | | | | | | | |
| 1:00pm | | | | | | Volleyball 1:30-4:30 | Basketball 2:30-4:30 |
| 1:30pm | Indoor Soccer 1:00-2:45 | | | | | | |
| 2:00pm | | 2:00-3:30 | 2:00-3:30 | 2:00-3:30 | 2:00-4:30 | Volleyball 1:30-4:30 | Basketball 2:30-4:30 |
| 2:30pm | | | | | | | |
| 3:00pm | 3:00-4:30 | | | | | Volleyball 1:30-4:30 | Basketball 2:30-4:30 |
| 3:30pm | Open Gym Time 3:30-4:45 | | | | | | |
| 4:00pm | | Youth/Teen Basketball 4:00-5:25 | 4:00-4:50 | Open Gym Time 3:30-4:45 | Open Gym Time 3:30-4:45 | Badminton 4:45-7:15 | |
| 4:30pm | | | | | | | |
| 5:00pm | High/Low Cardio 5:00-5:55 | | | | | Badminton 4:45-7:15 | |
| 5:30pm | | | Bootcamp 5:30-6:25 | Indoor Soccer 5:00-6:25 | | | |
| 6:00pm | Youth Gym & Swim 6:00-7:15 | Adult Basketball 5:45-7:25 | | | | Open Gym Time 7:15-8:45 | |
| 6:30pm | | | | 6:30-8:25 | Floor Hockey 6:30-8:00 | | |
| 7:00pm | | | | | | Open Gym Time 7:15-8:45 | |
| 7:30pm | | | | | | | |
| 8:00pm | Badminton 7:15-10:00 | Volleyball (Intermediate / Advanced) 7:30-10:00 | ♦ Badminton 7:00-10:00 | | | Open Gym Time 7:15-8:45 | |
| 8:30pm | | | | Basketball 8:30-10:15 | | | |
| 9:00pm | | | | | | Open Gym Time 7:15-8:45 | |
| 9:30pm | | | | | | | |
| 10:00pm | | | | | | ■ Gym unavailable – Y programs in session. | |

Y PROGRAMS MAY DISPLACE FREE TIME IN THE GYM

▲ Only half of the gymnasium is available during this time. ♦ King Court will be played on the 1st Wednesday of each month.

Programs do not run on statutory holidays