



HELPING YOU LIVE HEALTHIER

Burbank YMCA

Gym Schedule Updated: June 22nd 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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5:30am-7:00am Open Gym	5:35am-6:20am Cycle	5:30am-7:00am Open Gym	5:35am-6:20am Cycle	5:30am-7:00am Open Gym	6:00am-7:00am Open Gym	8:00am-10:00am Open Gym
7:15am-8:00am Cycle	Gym CLOSED	7:15am-8:00am Cycle	Gym CLOSED	7:15am-8:00am Cycle	7:15am-8:00am Cycle	10am-1:00pm 1/2 Family Open Gym 1/2 Open Gym
8:15am-5:30pm YMCA DAY CAMP PROGRAM	8:30am-9:15am Cycle 9:30am-5:30pm YMCA DAY CAMP PROGRAM	8:15am-5:30pm YMCA DAY CAMP PROGRAM	8:30am-9:15am Cycle 9:30am-5:30pm YMCA DAY CAMP PROGRAM	8:15am-5:30pm YMCA DAY CAMP PROGRAM	8:15am-9:15am Swim Team Dry Land 9:15am-11:00am Adult Pick Up Basketball 11:15am-1:00pm Family Open Gym	
5:45pm-6:30pm Cycle	5:45pm-6:30pm Zumba	5:45pm-6:30pm Cycle	5:45pm-6:30pm Zumba	5:30pm-6:30pm Teen Open Gym	1:00pm-3:00pm Open Gym	Open Gym: Open to All Members, Nets will not be adjusted
6:45pm-7:45pm Family Open Gym	7:00pm-8:30pm Teen Open Gym	6:30pm-Close Men's Basketball League	6:30pm-Close Men's Basketball League			Times are subject to change as a result of special programs
7:45pm-8:30pm Open Gym						Please call ahead for availability: (1)781-944-9622