



# HELPING YOU LIVE HEALTHIER

## Burbank YMCA

### Gym Schedule Beginning September 6th 2022

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am-7:00am Open Gym	5:35am-6:20am Group Exercise Reservation Required	5:30am-7:00am Open Gym	5:35am-6:20am Group Exercise Reservation Required	5:30am-7:00am Open Gym	6:15am-8:15am Group Exercise Reservation Required	8:00am-10:00am Open Gym
6:15am-8:15am Group Exercise	6:20am-8:30am Gym CLOSED	6:15am-8:15am Group Exercise	6:20am - 8:30am Gym CLOSED	6:15am-8:15am Group Exercise	8:15am-9:15am Swim Team Dry Land	10am-1:00pm 1/2 Family Open Gym
8:30am-9:30am Open Gym	8:30am-9:15am Group Exercise	8:30am-9:30am Open Gym	8:30am- 9:15am Group Exercise	8:30am-9:30am Open Gym	9:15am-11:00am Adult Pick Up Basketball	
9:30am-10:15am Sports Sampler Ages 3-5		9:30am-10:15am Sports Sampler Ages 3-5		9:30am-10:15am Sports Sampler Ages 3-5	11:15am-1:00pm Family Open Gym	
10:30am-11:30am YMCA Childcare	10:30am-11:30am YMCA Childcare	10:30am-11:30am YMCA Childcare	10:30am-11:30am YMCA Childcare	10:30am-11:30am YMCA Childcare	1:00pm-3:00pm Open Gym	Family Open: Nets are able to be adjusted for families
11:30am-1:45pm Open Gym	11:30am-1:45pm Open Gym	11:30am-1:45pm Open Gym	11:30am-1:45pm Open Gym	12:00pm-6:00pm YMCA Afterschool		Open Gym: Open to All Members, Nets will not be adjusted
2:00pm-5:30pm YMCA Afterschool	2:00pm-5:30pm YMCA Afterschool	2:00pm-5:30pm YMCA Afterschool	2:00pm-5:30pm YMCA Afterschool			Times are subject to change as a result of
5:30pm-6:45pm Group Exercise	4:30pm-5:15pm Soccer Skills	4:30pm-5:15pm Sports Sampler	4:30pm-5:15pm Basketball Skills			Please call ahead for availability:
6:45pm-7:45pm Family Open Gym	5:30pm-6:45pm Group Exercise Reservation Required	5:30pm-6:45pm Group Exercise Reservation Required	5:30pm-6:45pm Group Exercise Reservation Required			
7:45pm-8:30pm Open Gym	7:00pm-8:30pm Teen Open Gym	6:45pm-Close Men's Basketball League	6:45pm-Close Men's Basketball League			