



HELPING YOU LIVE HEALTHIER

Burbank YMCA

Gym Schedule Beginning February 27th 2023

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	7:15am-8:15am Group Exercise Reservation Required	8:00am-9:15am Group Exercise Reservation Required
7:15am-8:15am Group Exercise Reservation Required	6:20am-8:30am Gym CLOSED	7:15am-8:15am Group Exercise Reservation Required	6:20am - 8:30am Gym CLOSED	7:15am-8:15am Group Exercise Reservation Required	8:15am-9:15am Swim Team Dry Land	9:20am-11:00am Adult Pickup Basket- ball
8:30am-10:15am Open Gym	8:30am-9:15am Group Exercise Reservation Required	8:30am-10:15am Open Gym	8:30am- 9:15am Group Exercise Reservation Required	8:30am-9:15am Group Exercise Reservation Required	9:15am-12:00pm Family Open Gym	11:00am-4:00pm 1/2 Family Open Gym 1/2 Open Gym
	9:30am-10:30am Open Gym		9:30am-10:30am Open Gym	9:30am-10:30am Open Gym	12pm-5pm 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	Saturday sports classes for Early Spring session are held at the North Suburban YMCA.	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	Classes will resume back in our gym April 29th	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	6:00pm-7:00pm Teen Open Gym		Times are subject to change as a result of special programs
5:30pm-6:45pm Group Exercise Reservation Required	4:30pm-5:15pm 1/2 Youth Sports Class 1/2 YMCA Afterschool	5:30pm-6:45pm Group Exercise Reservation Required	5:30pm-6:45pm Group Exercise Reservation Required			Please call ahead for availability: 781-944-9622
6:45pm-7:45pm Family Open Gym	5:30pm-6:45pm Group Exercise Reservation Required	7:00pm-9:00pm Open Gym	6:45pm-Close Men's Basketball League			
7:45pm-9:00pm Open Gym	7:00pm-9:00pm Open Gym					