

GYM SCHEDULE

BURBANK YMCA

Effective as of September 11th 2023

*Reservation Required for Group Exercise, Pickle Ball, & Open / Family Climbing



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
OPEN GYM 5:30 – 6:45 AM	GROUP EXERCISE 5:35 – 6:20 AM	OPEN GYM 5:30 – 6:45 AM	GROUP EXERCISE 5:35 – 6:20 AM	OPEN GYM 5:30 – 6:45 AM			
GROUP EXERCISE 7:15 – 8:15 AM	GYM CLOSED	GROUP EXERCISE 7:15 – 8:15 AM	GYM CLOSED	GROUP EXERCISE 7:15 – 8:15 AM	GROUP EXERCISE 7:15 – 8:15 AM		
OPEN GYM 8:30 – 10:30 AM	GROUP EXERCISE 8:30 – 9:15 AM	OPEN GYM 8:30 – 10:30 AM	GROUP EXERCISE 8:30 – 9:15 AM	GROUP EXERCISE 8:30 – 9:15 AM	OPEN GYM 8:30 – 9:00 AM	GROUP EXERCISE 8:00 – 8:45 AM	
	OPEN GYM 9:30 – 10:30 AM		OPEN GYM 9:30 – 10:30 AM	OPEN GYM 9:30 – 10:30 AM	FAMILY GYM 9:00 AM – 12:00 PM	GROUP EXERCISE 8:45 – 9:15 AM	
YMCA CHILD CARE 10:30 – 11:30 AM							ADULT PICKUP BBALL 9:30 – 11:00 AM
OPEN GYM 11:30 AM – 1:45 PM	PICKLE BALL 11:45 AM – 1:45 PM	OPEN GYM 11:30 AM – 1:45 PM	PICKLE BALL 11:45 AM – 1:45 PM	YMCA AFTER SCHOOL & CHILD CARE 12:00 PM – 5:30 PM	OPEN GYM 12:00 – 2:15 PM	1/2 FAMILY GYM 11:00 AM – 4:00 PM	
YMCA AFTER SCHOOL & CHILD CARE 2:00 PM – 5:30 PM							1/2 OPEN GYM 11:00 AM – 4:00 PM
1/2 OPEN CLIMB 4:15 PM – 5:30 PM	1/2 PRE-K SAMPLER 4:30 PM – 5:15 PM	1/2 FAMILY CLIMB 4:15 PM – 5:30 PM	1/2 TINY TUMBLERS 4:30 PM – 5:15 PM				
GROUP EXERCISE 5:30 – 6:45 PM	GROUP EXERCISE 5:30 – 6:45 PM	GROUP EXERCISE 5:30 – 6:45 PM	GROUP EXERCISE 5:30 – 6:45 PM	TEEN GYM 5:30 – 7:00 PM	ROCK CLIMBING 6-10 2:30 – 3:30 PM		
FAMILY GYM 6:45 – 7:30 PM	OPEN GYM 6:45 – 9:00 PM	MEN'S BASKETBALL LEAGUE (Starts 9/13) 7:00 – 9:00 PM	MEN'S BASKETBALL LEAGUE (Starts 9/13) 7:00 – 9:00 PM		1/2 FAMILY GYM 3:30 – 5:00 PM		
OPEN GYM 7:30 – 9:00 PM					1/2 OPEN GYM 3:30 – 5:00 PM		

Schedule is subject to change based on programming and special event needs.

Family Gym: Nets may be adjusted

Family Climb: Minimum age 5 to top rope. Children under 13 must have caregivers with them

Open Gym: Open to all members including adults and children. Children under 13 must have caregiver with them