

GYM SCHEDULE

North Suburban YMCA
September 5th – October 29th



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	Open Gym 5:30 – 9:00 AM	Open Gym 5:30 – 10:00 AM	Open Gym 5:30 – 9:00 AM	Open Gym 5:30 – 10:00 AM	Open Gym 5:30 – 9:00 AM	Adult (18+) Pick-up Basketball 6:00 – 8:00 AM	Open Gym 8:00 AM – 10:00 AM	
6:00 AM								
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM		
8:30 AM								
9:00 AM	Pickle Ball (Adult 18+) 10 AM – 12:30 PM	Pickle Ball (Adult 18+) 10 AM – 12:30 PM	Pickle Ball (Adult 18+) 10 AM – 12:30 PM	Pickle Ball (Adult 18+) 10 AM – 12:30 PM	Pickle Ball (Adult 18+) 10 AM – 12:00 PM	Pickle Ball (Adult 18+) 10 AM – 12:00 PM	Pickle Ball (Adult 18+) 10 AM – 12:00 PM	
10:00 AM								
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM	Open Gym 12:30 – 5:00 PM	Open Gym 12:30 – 3:00 PM	Open Gym 12:30 – 7:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 2:00 – 5:00 PM	Adult (18+) Pick-up Basketball 12:00 – 2:00 PM	Open Gym 12:00 PM – 2:00 PM	Family Gym 12:00 – 1:00 PM
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM	Sports Classes 3:00 PM – 8:00 PM	Open Gym 8:00 – 9:30 PM	Open Gym 8:00 – 9:30 PM	Open Gym 8:00 – 9:30 PM	Open Gym 8:00 – 9:30 PM	Family Gym 5:00 – 6:00 PM	Family Gym 5:00 – 6:00 PM	Family Gym 1:00 – 3:00 PM
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM	Adult League Basketball (18+) (Registration Required) 6:00 – 9:30 PM	Open Gym 8:00 – 9:30 PM	Adult (18+) Pick-up Volleyball 7:00 – 9:00 PM	Badminton 7:00 – 9:00 PM	Pickle Ball (Adult 18+) 6:00 – 6:45 PM	Pickle Ball (Adult 18+) 5:00 – 6:00 PM	Family Gym 5:00 – 6:00 PM	Family Gym 1:00 – 3:00 PM
5:30 PM								
6:00 PM								
6:30 PM								
7:00 PM								
7:30 PM	Special Olympics 6:00 – 7:00 PM	Open Gym 8:00 – 9:30 PM	Adult (18+) Pick-up Volleyball 7:00 – 9:00 PM	Badminton 7:00 – 9:00 PM	Pickle Ball (Adult 18+) 6:00 – 6:45 PM	Pickle Ball (Adult 18+) 5:00 – 6:00 PM	Family Gym 5:00 – 6:00 PM	Family Gym 1:00 – 3:00 PM
8:00 PM								
8:30 PM								
9:00 PM								
9:30 PM								

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

FAMILY GYM:

Nets are able to be adjusted for families

OPEN GYM:

Open to all members, nets will not be adjusted