

GYM SCHEDULE

BURBANK YMCA

Effective as of October 30th 2023

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

GYM UNAVAILABLE

November 7th, 17th, 18th, 19th
December 8th, 24th, 25th, 27th,
28th, and 31st

Additional closures may occur and will be
posted in advance where possible.



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	YOUTH SPORTS CLASSES 9:00 AM – 3:30 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			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 – 8:00 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