

GYM SCHEDULE

North Suburban YMCA
April 15th - April 21st



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	Open Gym 5:30 - 9:00AM	Open Gym 5:30 - 8:00 AM	Open Gym 5:30 - 9:00AM	Open Gym 5:30 - 8:00 AM	Open Gym 5:30 - 8:00 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	Camp 8:00AM - 9:00 AM	Total Body Conditioning 9:00 - 10:00 AM	Camp 8:00AM - 10:00 AM	Camp 8:00AM - 10:00 AM	Open Gym 8:00 AM - 9:00 AM		
8:30 AM								
9:00 AM	Family Open Gym 10:00AM - 2:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Total Body 9:00- 10:00 AM	Camp	Total Body Conditioning 9:00 - 10:00 AM	
9:30 AM								
10:00 AM	Family Open Gym 10:00AM - 2:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	
10:30 AM								
11:00 AM	Family Open Gym 10:00AM - 2:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	
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12:00 PM	Family Open Gym 10:00AM - 2:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Gym 12:00 - 1:00 PM
12:30 PM								
1:00 PM	Family Open Gym 10:00AM - 2:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Gym 12:00 - 1:00 PM
1:30 PM								
2:00 PM	Open Gym 1:00PM - 5:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Gym 12:00 - 1:00 PM
2:30 PM								
3:00 PM	Open Gym 1:00PM - 5:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Gym 12:00 - 1:00 PM
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7:00 PM	Open Gym 1:00PM - 5:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Gym 12:00 - 1:00 PM
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8:00 PM	Open Gym 1:00PM - 5:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Gym 12:00 - 1:00 PM
8:30 PM								
9:00 PM	Open Gym 1:00PM - 5:00 PM	Camp 8:00AM - 4:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Open Gym 8:00AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Open Gym 10:00 AM - 2:00 PM	Pickle Ball (Adult 18+) 10 AM - 12:00 PM	Family Gym 12:00 - 1:00 PM
9:30 PM								
6:00 PM	Adult (16+) Basketball League 6:00 - 9:30 PM	Open Gym 5:00PM - 9:30 PM	Pick-up Volleyball (16+) 6:00 - 9:00 PM	Special Olympics 6:00 - 7:30 PM	Pickle Ball (Adult 18+) 6:00 - 6:45 PM			
6:30 PM								
7:00 PM	Adult (16+) Basketball League 6:00 - 9:30 PM	Open Gym 5:00PM - 9:30 PM	Pick-up Volleyball (16+) 6:00 - 9:00 PM	Special Olympics 6:00 - 7:30 PM	Pickle Ball (Adult 18+) 6:00 - 6:45 PM			
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8:00 PM	Adult (16+) Basketball League 6:00 - 9:30 PM	Open Gym 5:00PM - 9:30 PM	Pick-up Volleyball (16+) 6:00 - 9:00 PM	Badminton (16+) 7:30 - 9:00PM				
8:30 PM								
9:00 PM	Adult (16+) Basketball League 6:00 - 9:30 PM	Open Gym 5:00PM - 9:30 PM	Pick-up Volleyball (16+) 6:00 - 9:00 PM	Badminton (16+) 7:30 - 9:00PM				
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