GYM SCHEDULE

North Suburban YMCA April 15th – April 21st



	Monday	Tuesday	Wednesda	ıy	Thursday		Friday		Saturday	Sunday
5:30 AM										
6:00 AM				Open Gym 5:30 – 9:00AM		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
6:30 AM		Open Gym 5:30 – 8:00 A/						1 Gym 3:00 AM		
7:00 AM	Open Gym 5:30 – 9:00AM	3.30 0.0074	., 3.30 3		3,33 3,331					
7:30 AM										
8:00 AM			Car	Camp	Camp 8:00AM – 4:00 PM	Family Open Gym 8:00AM - 2:00 PM	Ca	mp	Open Gym	
8:30 AM			8:00AM -	8:00AM - 9:00 AM			8:00AM -	00AM - 10:00 AM	8:00 AM - 9:00 AM	
9:00 AM	Total Body Conditioning			Total Body Conditioning 9:00 - 10:00 AM			Total Body 9:00- 10:00 AM	Total Body Conditioning 9:00-10:00 AM		
9:30 AM	9:00 - 10:00 AM									
10:00 AM				Pickle Ball (Adult 18+) 10 AM - 12:00 PM			Pickle Ball (Adult 18+) 10 AM – 12:00 PM			
10:30 AM		Fam Open	Gym Pickie						Pickle Ball	
11:00 AM	Family Open Gym	8:00 <i>A</i> 2:00	UVI - 10 AAA 1						(Adult 18+) 10 AM - 12:00 PM	
11:30 AM		Camp 8:00AM -							Open Gym	
12:00 PM	10:00AM - 2:00 PM	4:00 PM		Family Open Gym 12:00PM – 2:00 PM				10:00 ÅM - 2:00 PM	Family Gym	
12:30 PM									12:00 - 1:00 PM	
1:00 PM			12:00PM -						Birthday Parties	
1:30 PM							Camp 12:00PM -			
2:00 PM						Teen Only Gym	4:00 PM		Family Gym	1:00 – 3:00 PM
2:30 PM		Teen Gy	m ´ Teen O	Teen Only Gym		2:00PM - 3:00 PM		Teen Only Gym 2:00PM - 4:00 PM	2:00 – 3:00 PM	
3:00 PM	Open Gym	2:00 4:00				Family			Teen Only Gym	Teen Only Gym
3:30 PM	1:00PM - 5:00 PM					Open			3:00 - 4:00 PM	3:00 - 4:00 PM
4:00 PM				Open Gym 4:00 PM – 6:00 PM		Gym 3:00PM -				
4:30 PM		Family Open G	m Open			5:00 PM	Family Open Gym 4:00PM - 6:00 PM		Open Gym 4:00 PM – 6:00 PM	Open Gym 4:00 PM - 6:00 PM
5:00 PM	Family Gym	4:00PM - 6:00			Open	Gym				
5:30 PM	5:00PM - 6:00 PM				5:00 PM - 6:00 PM					
6:00 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										
7:30 PM	Adult (16+)	Open Gym	Volleyb		Badminton (16+) 7:30 – 9:00PM					
8:00 PM	Basketball League 6:00 – 9:30 PM	5:00PM - 9:30								
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

- pan 10 an mana 50 5, nata min 100 50 aajasta