

# GYM SCHEDULE

North Suburban YMCA  
April 22nd – June 21st



	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 – 1:00 PM	Pickle Ball (Adult 18+) 10 AM – 1:00 PM	Pickle Ball (Adult 18+) 10 AM – 1:00 PM	Pickle Ball (Adult 18+) 10 AM – 1:00 PM	Pickle Ball (Adult 18+) 10 AM – 1:00 PM	Open Gym 10:00 AM – 2:00 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 1:00 PM – 3:30 PM	Open Gym 1:00 PM – 5:00 PM	Open Gym 1:00 PM – 6:00 PM	Preschool Playgroup 1:00 PM – 2:00 PM	Open Gym 1:00 PM – 4:00 PM	Family Gym 2:00 – 3:00 PM	Family Gym 12:00 – 1:00 PM
12:30 PM							
1:00 PM	Sports Classes 3:30 PM – 5:00 PM	Open Gym 1:00 PM – 5:00 PM	Open Gym 1:00 PM – 6:00 PM	Open Gym 2:00 PM – 6:00 PM	Family Gym 4:00 – 5:00 PM	Open Gym 4:00 PM – 6:00 PM	Open Gym 4:00 PM – 6:00 PM
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Family Gym 5:00 – 6:00 PM	Teen Only Gym 5:00 – 6:00 PM	Open Gym 6:00 – 9:00 PM	Special Olympics 6:00 – 7:30 PM	Pickle Ball (Adult 18+) 5:00 – 6:45 PM	Open Gym 4:00 PM – 6:00 PM	Open Gym 4:00 PM – 6:00 PM
4:00 PM							
4:30 PM	Adult (16+) Basketball League 6:00 – 9:30 PM	Open Gym 6:00 PM – 9:30 PM	Adult (16+) Pick-up Volleyball 6:00 – 9:00 PM	Badminton (16+) 7:30 – 9:00 PM			
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 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