

GYM SCHEDULE

BURBANK YMCA - Effective as of September 1st 2024

*Reservation Required for Group Exercise & Pickle Ball

*Youth Sports Classes Start Week of September 9th



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 – 8:00 AM	GYM CLOSED	GROUP EXERCISE 7:15 – 8:00 AM	GYM CLOSED	GROUP EXERCISE 7:15 – 8:00 AM	GROUP EXERCISE 7:15 – 8:00 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 9/16 8:15 – 9:00 AM
	OPEN GYM 9:30 – 10:30 AM		OPEN GYM 9:30 – 10:30 AM	OPEN GYM 9:30 – 10:30 AM	FAMILY GYM 9:00 AM – 10:00 AM	ADULT PICKUP BBALL 9:15 – 11:00 AM
YMCA CHILD CARE 10:30 – 11:30 AM					PRE-K SAMPLER 10:00 – 10:45 AM	
PRE-K BASKETBALL 11:30 AM – 12:15 PM	OPEN PICKLE BALL 11:45 AM – 1:45 PM <i>*reservation required</i>	PRE-K SOCCER 11:30 AM – 12:15 PM	OPEN PICKLE BALL 11:45 AM – 1:45 PM <i>*reservation required</i>	YMCA AFTER SCHOOL & CHILD CARE 12:00 PM – 5:30 PM	YOUTH SAMPLER 11:00 – 11:45 AM	1/2 FAMILY GYM 11:00 AM – 1:00 PM
OPEN GYM 12:15 – 2:00 PM		OPEN GYM 12:15 – 2:00 PM			1/2 OPEN GYM 11:00 AM – 1:00 PM	
YMCA AFTER SCHOOL & CHILD CARE 2:00 PM – 5:30 PM					ROCK CLIMBING 12:30 – 2:00 PM	1/2 OPEN GYM 11:00 AM – 1:00 PM
1/2 ROCK CLIMBING 4:00 – 5:30 PM	1/2 PRE-K SAMPLER 4:30 PM – 5:15 PM		1/2 LITTLE MOVERS 4:30 PM – 5:15 PM		1/2 FAMILY GYM 2:00 PM – 5:00 PM	OPEN PICKLE BALL 1:00 PM – 3:00 PM <i>*reservation required</i>
GROUP EXERCISE 5:45 – 6:30 PM	GROUP EXERCISE 5:45 – 6:30 PM	GROUP EXERCISE 5:45 – 6:30 PM	GROUP EXERCISE 5:45 – 6:30 PM		TEEN GYM 5:30 – 8:00 PM	1/2 OPEN GYM 2:00 PM – 5:00 PM
FAMILY GYM 6:45 – 7:30 PM	OPEN GYM 6:45 – 9:00 PM	MEN'S BASKETBALL LEAGUE (Starts 9/18) 7:00 – 9:00 PM	MEN'S BASKETBALL LEAGUE (Starts 9/19) 7:00 – 9:00 PM			
OPEN GYM 7:30 – 9:00 PM						

Schedule is subject to change based on programming and special event needs.
Open & Family Gym: Caregiver must be present with children under 13 years old

We have gym birthday party rentals for Family Members! Scan this code to request one!

