

GYM SCHEDULE

Parkway Community YMCA
OCTOBER 27-DECEMBER 29



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM	Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:00 AM		Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:30 AM		
6:30 AM			Open Gym 5:00 - 8:30 AM			Intermediate Pickleball 6:00 - 6:45AM	Open Gym 6:00 - 7:45AM
7:00 AM							
7:30 AM		Advanced Pickleball 7:00 - 8:45AM				Advanced Pickleball 6:45-7:45AM	
8:00 AM	Family Gym 8:00 - 9:15 AM			Beginners Pickleball 7:30 - 8:45 AM	Advanced Pickleball 7:30 - 9:00 AM		Tone & Sculpt 8:00 - 8:45 AM
8:30 AM			BODYPUMP 8:30 - 9:30 AM				
9:00 AM		Family Gym 9:00 - 10:30 AM		BODYPUMP 9:00 - 10:00AM			Zumba 9:00 - 9:45 AM
9:30 AM	Yoga 9:30 - 10:30AM		Yoga 9:30 - 10:30 AM		Yoga 9:30 - 10:30 AM		
10:00 AM							Family Pickleball 10:00 - 11:00 AM
10:30 AM		Pilates 10:30 - 11:15 AM		Pilates 10:30 - 11:15 AM		Jr. Celtics 8:00AM - 1:00 PM	
11:00 AM	Fit For Life 11:00 - 12:00 PM		Fit For Life 11:00 - 12:00 PM		Fit For Life 11:00 - 12:00 PM		
11:30 AM							BODYPUMP 11:15 - 12:15 PM
12:00 PM	Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 1:00 PM	Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 1:00 PM	Advanced Pickleball 12:00 - 1:00 PM		
12:30 PM							
1:00 PM	Intermediate Pickleball 1:00 - 2:00 PM		Intermediate Pickleball 1:00 - 2:00 PM	Advanced Pickleball 1:00 - 2:00 PM	Intermediate Pickleball 1:00 - 2:00 PM		Family Gym 12:15 - 3:30 PM
1:30 PM						Family Gym 1:00PM - 3:30 PM	
2:00 PM	Beginner Pickleball 2:00 - 3:00 PM	Open Gym 1:00 - 3:45 PM	Beginner Pickleball 2:00 - 3:00 PM	Intermediate Pickleball 2:00 - 3:00 PM	Beginner Pickleball 2:00 - 3:00 PM		
2:30 PM							
3:00 PM			Family Gym 3:00 - 3:45PM				Teen Open Gym 3:30 - 5:30PM
3:30 PM				Teen Open Gym 3:00 - 4:45 PM	Family Gym 3:00 - 4:45 PM		
4:00 PM	Family Gym 3:00 - 5:45 PM	Jr. Celtics Lyndon ages 4-6 3:45pm- 5:00PM	Jr. Celtics Lyndon ages 7-12 3:45pm- 5:00PM			Open Gym 3:30PM- 5:30PM	
4:30 PM							
5:00 PM		Jr. Celtics Age 3-4 5:00pm- 6:00PM	Soccer Age 2yr-3yr 5:00pm- 5:45pm	Sports Sampler age 2yr-3yr 5:00pm- 5:30pm	Sports Sampler 5:00 - 5:30PM		
5:30 PM							
6:00 PM	Zumba 6:00 - 7:00 PM	Jr. Celtics Age 5-6 6:15pm- 7:15PM	Soccer Age 4yr-5yr 6:00pm- 6:45pm		Barre 6:00-7:00pm		
6:30 PM				Intro to Pickleball 6:00 - 7:00 PM			
7:00 PM	Pilates 7:30 - 8:15pm		Soccer Age 6yr-8yr 7:00pm- 7:45pm	Intro to Pickleball 7:00 - 8:00 PM			
7:30 PM		Open Gym 7:30pm - 9:30 PM	Private Training 7:30pm - 9:30 PM		Parents Night Out 7:00 - 9:00 PM		
8:00 PM							
8:30 PM	Open Gym 8:15- 9:30 PM		Open Gym 7:45pm - 9:30 PM	Open Gym 8:00 - 9:30 PM			
9:00 PM							
9:30 PM							

Building Hours

Monday-Friday
5:00AM-10:00PM
Saturday & Sunday
6:00AM-6:00PM

Gym Schedule is subject to change based on programming needs. Thank you for understanding!