

GYM SCHEDULE

BURBANK YMCA - Effective as of January 6th 2025

***Reservation Required for Group Exercise & Pickle Ball**



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 – 9:30 AM	GROUP EXERCISE 8:30 – 9:15 AM	OPEN GYM 8:30 – 9:30 AM	GROUP EXERCISE 8:30 – 9:15 AM	GROUP EXERCISE 8:30 – 9:15 AM	OPEN GYM 8:30 – 9:00AM	GROUP EXERCISE 9/16 8:15– 9:00 AM
PRE-K SPORTS 9:30 – 10:15 AM	OPEN GYM 9:30 – 10:30 AM	PRE-K SOCCER 9:30 – 10:15 AM	OPEN GYM 9:30 – 10:30 AM	OPEN GYM 9:30 – 10:30 AM	FAMILY GYM 9:00 – 10:00AM	1/2 ROCK CLIMBING 9:00 – 10:15 PM
YMCA CHILD CARE 10:30 – 11:30 AM						PRE-K SOCCER 10:30 – 11:15 AM
OPEN GYM 11:30 – 2:00 PM	OPEN PICKLE BALL 11:45 AM – 1:45 PM	OPEN GYM 11:30 – 2:00 PM	OPEN PICKLE BALL 11:45 AM – 1:45 PM	YMCA AFTER SCHOOL 12:00 PM – 5:00 PM	YOUTH SPORTS JR. CELTICS 10:00 AM – 3:30 PM	PRE-K SPORTS 11:30 AM – 12:15 PM
				1/2 PRE-K SPORTS 1:00 PM – 1:45 PM		YOUTH SPORTS 12:30 PM – 1:15 PM
YMCA AFTER SCHOOL 2:00 PM – 5:30 PM						1/2 FAMILY GYM 1/2 OPEN GYM 3:30 PM – 5:00 PM
1/2 ROCK CLIMBING 4:15 – 5:30 PM	1/2 YOUTH B-BALL 4:30 – 5:15 PM	1/2 YOUTH SOCCER 4:30 – 5:15 PM	1/2 YOUTH SOCCER 4:30 – 5:15 PM	1/2 YOUTH B-BALL 4:30 PM – 5:15 PM		OPEN PICKLE BALL 1:30 PM – 3:30 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	YOUTH VOLLEYBALL 5:30 PM – 6:15 PM	GYM IS CLOSED AT 3:30 PM THE FOLLOWING DATES 12/28, 1/18, 2/8, 2/15, 2/22, 3/1	OPEN GYM 3:30 PM – 4:00 PM
FAMILY GYM 6:45 – 7:30 PM	OPEN GYM 6:45 – 9:00 PM	MEN'S BASKETBALL LEAGUE (Starts 1/22 7:00 – 9:00 PM	MEN'S BASKETBALL LEAGUE (Starts 1/23) 7:00 – 9:00 PM	TEEN GYM 6:30 – 8:00 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!

