

GYM SCHEDULE

Parkway Community YMCA
DECEMBER 23–JANUARY 5



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM							
6:00 AM	Open Gym 5:00 – 7:00 AM	Open Gym 5:00 – 7:00 AM	Open Gym 5:00 – 7:00 AM	Open Gym 5:00 – 7:00 AM	Open Gym 5:00 – 7:00 AM		
6:30 AM						Intermediate Pickleball 6:00 – 7:30 AM	Open Gym 6:00 – 7:45 AM
7:00 AM							
7:30 AM							
8:00 AM						Advanced Pickleball 7:30 – 8:30 AM	Tone & Sculpt 8:00 – 8:45 AM
8:30 AM							
9:00 AM						Beginners Pickleball 8:30 – 9:45 AM	Advanced Pickleball 9:00 – 10:00 AM
9:30 AM							
10:00 AM							Beginners Pickleball 10:00 – 11:00 AM
10:30 AM							
11:00 AM							
11:30 AM							Tone & Sculpt 11:15 – 12:00 PM
12:00 PM							
12:30 PM	OST 7:00 AM–5:30 PM	OST 7:00 AM–5:30 PM	OST 7:00 AM–5:30 PM	OST 7:00 AM–5:30 PM	OST 7:00 AM–5:30 PM	Family Gym 10:00 – 2:30 PM	Family Gym 12:15 – 2:30 PM
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	Zumba 6:00 – 7:00 PM						
6:30 PM		Teen Open Gym 5:45– 8:00 PM	Family Gym 5:45 – 8:00 PM	Teen Open Gym 5:45– 8:00 PM	Family Gym 5:45 – 8:00 PM		
7:00 PM	Pilates 7:00 – 7:45 PM						
7:30 PM							
8:00 PM							
8:30 PM	Basketball Open Gym 8:00 – 9:30 PM	Advance Pickleball 8:00 – 9:30 PM	Beginners 8:00 – 9:30 PM	Intermediate Pickleball 8:00 – 9:30 PM	Intermediate Pickleball 8:00 – 9:30 PM		
9:00 PM							
9:30 PM							

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

Building Hours

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