

GYM SCHEDULE

Parkway Community YMCA
JANUARY 6 - FEBRUARY 16



	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 - 6:45 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			Open Gym 6:00 - 7:45 AM	Open Gym 6:00 - 7:45 AM
7:00 AM		Increase Mobility 6:45 - 7:45 AM					
7:30 AM							
8:00 AM	Family Gym 8:00 - 9:15 AM	Family Gym 8:00 - 10:30 AM		Beginners Pickleball 7:30 - 8:45 AM	Home School GYM 7:30 - 9:30 PM		Tone & Sculpt 8:00 - 8:45 AM
8:30 AM			BODYPUMP 8:30 - 9:30 AM				
9:00 AM				BODYPUMP 9:00 - 10:00 AM			Zumba 9:00 - 9:45 AM
9:30 AM	Yoga 9:30 - 10:30 AM		Yoga 9:30 - 10:30 AM		Yoga 9:30 - 10:30 AM		Family Pickleball 10:00 - 11:00 AM
10:00 AM						Jr. Celtics 8:00 AM - 1:00 PM	
10:30 AM		Pilates 10:30 - 11:15 AM		Pilates 10:30 - 11:15 AM			
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 - 12:45 PM	Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 12:45 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 1:00 PM - 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							
3:30 PM	Family Gym 3:00 - 4:45 PM		Family Gym 3:00 - 4:45 PM	Teen Open Gym 3:00 - 4:45 PM			Teen Open Gym 3:30 - 5:30 PM
4:00 PM		Jr. Celtics Lyndon ages 4-6 3:45pm - 5:00PM				Open Gym 3:30PM - 5:30PM	
4:30 PM							
5:00 PM	Intro to Pickleball Age 18+ 5:00pm - 6:00pm	Jr. Celtics Age 3-4 5:00pm - 6:00PM	T-Ball Age 3yr-4yr 5:00pm-5:30pm	Sports Sampler age 2yr-3yr 5:00pm- 5:30pm			
5:30 PM							
6:00 PM	Zumba 6:00 - 7:00 PM	Jr. Celtics Age 5-6 6:15pm- 7:15PM	Agility Avengers Age 2yr-6yr 5:45pm-6:30pm	Soccer Age 4-6 5:45pm - 6:15pm			
6:30 PM							
7:00 PM	Intro to Pickleball Age 18+ 7:00pm - 8:00pm		Agility Avengers Age 7-12 6:45pm-7:15pm	Soccer Age 7-12 6:30 - 7:15 PM	Parents Night Out 6:00 - 9:00 PM		
7:30 PM		Open Gym 7:15pm - 9:30 PM	Private Training 7:15pm - 9:30 PM				
8:00 PM							
8:30 PM	Beginner Pickleball 8:00pm-9:30 PM		Open Gym 7:15pm - 9:30 PM	Private Training 7:15pm - 9:30 PM	Beginner Pickleball 7:30pm-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!