

GYM SCHEDULE

BURBANK YMCA - Effective as of February 24th 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 – 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	PRE-K SOCCER 8:30 – 9:15 AM	GROUP EXERCISE 9/16 8:15– 9:00 AM
PRE-K B-BALL 9:30 – 10:15 AM	OPEN GYM 9:30 – 10:30 AM		OPEN GYM 9:30 – 10:30 AM	OPEN GYM 9:30 – 10:30 AM	OPEN GYM 9:30 – 10:15 AM	ADULT PICKUP BBALL 9:15 – 11:00 AM
YMCA CHILD CARE 10:30 – 11:30 AM					ROCK CLIMBING 10:30 – 11:45 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 & CHILD CARE 12:00 PM – 5:30 PM	OPEN GYM 12:00 – 1:15 PM	1/2 FAMILY GYM 1/2 OPEN GYM 11:30 – 12:45 PM
YMCA AFTER SCHOOL & CHILD CARE 2:00 PM – 5:30 PM					1/2 FAMILY GYM 1/2 OPEN GYM 1:15 PM – 5:00 PM	OPEN PICKLE BALL 1:00 PM – 3:00 PM <i>*reservation required</i>
1/2 ROCK CLIMBING 4:15 – 5:30 PM			1/2 YOUTH B-BALL 4:00 – 4:45 PM	1/2 ROCK CLIMBING 3:30 PM – 4:45 PM		
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 5:00- 8:00 PM	GYM CLOSED FOR SPECIAL EVENTS ON 3/15 2:30 PM 3/22 4:30 PM 3/29 2:45 PM April 5th 12-5 PM April 6th 8 AM-12:30 PM	OPEN GYM 3:00 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			
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