

# GYM SCHEDULE

**BURBANK YMCA – Effective as of April 28th 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			
1/2 OPEN GYM 8:30 – 9:30 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 8:15– 9:00 AM		
1/2 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	YOUTH B-BALL 9:30 – 10:15 AM	ADULT PICKUP BBALL 9:15 – 11:00 AM		
1/2 EARLY ED B-BALL 10:30 – 11:30 AM	YMCA CHILD CARE 10:30 – 11:30 AM	1/2 EARLY ED SOCCER 10:30 – 11:30 AM	YMCA CHILD CARE 10:30 – 11:30 AM		ROCK CLIMBING 10:30 AM – 11:45 AM			
1/2 YMCA CHILD CARE 10:30 – 11:30 AM	OPEN PICKLE BALL 11:45 AM – 1:45 PM <i>*reservation required</i>	1/2 YMCA CHILD CARE 10:30 – 11:30 AM	OPEN PICKLE BALL 11:45 AM – 1:45 PM <i>*reservation required</i>	YMCA AFTER SCHOOL & CHILD CARE 12:00 PM – 5:30 PM	1/2 FAMILY GYM 1/2 OPEN GYM 12:00 PM – 5:00 PM	1/2 FAMILY GYM 1/2 OPEN GYM 11:00 – 12:30 PM		
OPEN GYM 11:30 – 2:00 PM		OPEN GYM 11:30 – 2:00 PM				OPEN PICKLE BALL 12:30 PM – 2:15 PM <i>*reservation required</i>		
YMCA AFTER SCHOOL & CHILD CARE 2:00 PM – 5:30 PM								
1/2 ROCK CLIMBING 4:15 – 5:30 PM		1/2 YOUTH SOCCER 4:00 – 4:45 PM	1/2 YOUTH B-BALL 4:00 – 4:45 PM			WHEELCHAIR B-BALL 2:15 PM – 4:00 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 5:30- 8:00 PM	GYM CLOSED FOR SPECIAL EVENTS ON May 3rd 2:45-4:15 pm May 17th 4:30pm -close			
FAMILY GYM 6:45 – 7:30 PM	OPEN GYM 6:45 – 9:00 PM	MEN’S BASKETBALL LEAGUE (Starts 4/3) 7:00 – 9:00 PM	MEN’S BASKETBALL LEAGUE (Starts 4/4) 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

Scan this code to request a  
gym birthday party!  
(Family Members Only)

