

GYM SCHEDULE

BURBANK YMCA

Effective as of June 23rd

*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 – 6:30 AM	OPEN GYM 5:30 – 6:45 AM	GROUP EXERCISE 5:35 – 6:30 AM	OPEN GYM 5:30 – 6:45 AM		
GROUP EXERCISE 6:45 – 8:00 AM	GROUP EXERCISE 6:30 – 7:30 AM	GROUP EXERCISE 6:45 – 8:00 AM	OPEN GYM 6:30 – 7:30 AM	GROUP EXERCISE 6:45 – 8:00 AM	GROUP EXERCISE 7:00 – 8:15 AM	GROUP EXERCISE 8:00 – 9:00AM
YMCA CAMP BURBANK 8:00 AM—10:30 AM YMCA CHILD CARE 10:30 AM—11:30 AM YMCA CAMP BURBANK 11:30 AM—5:30 PM					OPEN GYM 8:30 – 9:00 AM	ADULT FUTSAL LEAGUE 9:00 AM – 11:00 AM
					YOUTH SPORTS CLASSES Starts 7/13 9:00 AM – 2:00 PM	ADULT PICKUP BBALL 11:00 – 12:00 PM
						OPEN GYM 12:00 PM – 1:00 PM
						OPEN PICKLE BALL (Reservation Required) 1:00 PM – 3:00 PM
GROUP EXERCISE 5:30 – 6:45 PM	GROUP EXERCISE 5:30 – 6:45 PM	GROUP EXERCISE 5:30 – 6:45 PM	GROUP EXERCISE 5:30 – 6:45 PM	1/2 YOUTH CLIMBING Starts 7/12 5:00 – 6:15 PM		FAMILY GYM 3:00 – 4:00 PM
1/2 ADULT CLIMBING Starts 7/7 7:00 – 8:15 PM	OPEN GYM 7:00 – 9:00 PM	MEN'S BASKETBALL LEAGUE 6:45 – 9:00 PM	MEN'S BASKETBALL LEAGUE 6:45 – 9:00 PM	1/2 TEEN GYM 5:00 – 8:00 PM (Full court at 6:15 PM)	1/2 FAMILY GYM 2:00 – 5:00 PM	
1/2 OPEN GYM 7:00 – 9:00 PM (Full court at 8:15 PM)					1/2 OPEN GYM 2:00 – 5:00 PM	

****On Saturday afternoons gym may be reserved for birthday parties, dates will be posted**

Schedule is subject to change based on programming and special event needs.

Family Gym: Nets may be adjusted. Family Gym is reserved for Family Memberships only

Open Gym: Open to all members including adults and children. Children under 13 must have caregiver with them