

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					OPEN GYM 8:30 – 10:30 AM	OPEN GYM 9:00 AM – 11:00 AM
YMCA CAMP BURBANK 11:30 AM—5:30 PM					1/2 YOUTH CLIMBING 10:30 – 11:45 AM	ADULT PICKUP BBALL 11:00 – 12:00 PM
					OPEN GYM 12:00 – 2:00 PM	OPEN GYM 12:00 PM – 1:00 PM
						OPEN PICKLE BALL (Reservation Required) 1:00 PM – 3:00 PM
					1/2 OPEN GYM 2:00 – 5:00 PM	FAMILY GYM 3:00 – 4:00 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	TEEN GYM 5:30 – 8:00 PM		
1/2 FAMILY GYM 7:00 – 8:00 PM	1/2 FAMILY GYM 7:00 – 8:00 PM	OPEN GYM 7:00 – 9:00 PM	1/2 FAMILY GYM 7:00 – 8:00 PM <i>Closed 7-8pm on 7/24</i>			
1/2 OPEN GYM 7:00 – 9:00 PM (Full court at 8:15 PM)	OPEN GYM 7:00 – 9:00 PM (Full court at 8:00 PM)		OPEN GYM 7:00 – 9:00 PM (Full court at 8:00 PM)		1/2 FAMILY 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