

GYM SCHEDULE

BURBANK YMCA – Effective as of September 2nd

***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	YOUTH SPORTS 9:00 AM – 1:30 PM	ADULT SOCCER LEAGUE 9:00 – 11:00 AM (Starts 9/28)		
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 – 9:30 AM	GROUP EXERCISE 8:30 – 9:15 AM	OPEN GYM 8:30 – 9:30 AM	GROUP EXERCISE 8:30 – 9:15 AM	GROUP EXERCISE 8:30 – 9:15 AM			OPEN GYM 8:30 – 9:00AM	GROUP EXERCISE 8:15– 9:00 AM
PRE-K B-BALL 9:30 – 10:15 AM	OPEN GYM 9:30 – 10:30 AM	PRE-K SPORTS 9:30 – 10:15 AM	OPEN GYM 9:30 – 10:30 AM	OPEN GYM 9:30 – 10:30 AM			YMCA AFTER SCHOOL 12:00 PM – 5:00 PM	ADULT PICKUP B-BALL 11:00 AM – 1:00PM
YMCA CHILD CARE 10:30 – 11:30 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 12:00 PM – 5:00 PM	1/2 FAMILY GYM 1/2 OPEN GYM 1:30 PM – 5:00 PM	OPEN PICKLE BALL 1:00 PM – 3:00 PM <i>*reservation required</i>		
YMCA AFTER SCHOOL 2:00 PM – 5:30 PM								
1/2 ROCK CLIMBING 4:15 – 5:30 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	SATURDAY GYM SCHEDULE ADJUSTMENTS 9/6, 9/13, 10/4, 11/22 CLOSED at 2:45 PM 9/20, 10/18, 11/22 CLOSED at 4:30 PM 11/15 CLOSED 1-2:30PM	OPEN GYM 3:30 PM – 4:00 PM		
1/2 ROCK CLIMBING 7:00 – 8:15 PM	VOLO VOLLEYBALL LEAGUE 7:00 – 9:00 PM (Starts 10/21)	MEN’S BASKETBALL LEAGUE 7:00 – 9:00 PM (Starts 10/21)	MEN’S BASKETBALL LEAGUE 7:00 – 9:00 PM (Starts 9/25)					
OPEN GYM (1/2) 7:00 – 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