

GYM SCHEDULE

BURBANK YMCA - Effective as of November 3rd

***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 – 10:15 AM	GROUP EXERCISE 8:30 - 9:15 AM	OPEN GYM 8:30 – 10:15 AM	GROUP EXERCISE 8:30 - 9:15 AM	GROUP EXERCISE 8:30 - 9:15 AM	OPEN GYM 8:15 – 8:45AM	GROUP EXERCISE 8:15– 9:00 AM
1/2 PRE-K B-BALL 10:15 - 11:00 AM	OPEN GYM 9:30 – 10:30 AM	1/2 PRE-K SOCCER 10:15–11:00 AM	OPEN GYM 9:30 – 10:30 AM	OPEN GYM 9:30 – 10:30 AM	YOUTH SPORTS 8:45AM - 2:30 PM	ADULT PICKUP B-BALL 9:00 - 11:00 AM
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		OPEN GYM 11:00 AM – 1:00PM
YMCA AFTER SCHOOL 2:00 PM - 5:30 PM						OPEN PICKLE BALL 1:00 PM - 3:00 PM <i>*reservation required</i>
1/2 ROCK CLIMB- ING 4:00 – 5:30 PM			1/2 PRE-K SAMPLER 4:30– 5:15 PM		1/2 FAMILY GYM 1/2 OPEN GYM 2:30 PM - 5:00 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 5:00- 8:00 PM	SATURDAY GYM SCHEDULE ADJUST- MENTS 11/8, 11/15, 11/22, 12/6, 12/13, 12/20 CLOSED at 2:45 PM *Gym closed 11/15 1:30- 2:30pm for Sea Dragons Team Event*	OPEN GYM 3:30 PM - 4:00 PM
OPEN GYM 7:00 - 9:00 PM	VOLO VOLLEYBALL LEAGUE 7:00 - 9:00 PM	MEN’S BASKETBALL LEAGUE 7:00 - 9:00 PM	MEN’S BASKETBALL LEAGUE 7:00 - 9:00 PM			

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