

# GYM SCHEDULE

**BURBANK YMCA - Effective as of September 19th (Gym Closed 8/31-9/18)**

**\*Reservation Required for Group Exercise & Pickle Ball**



| MONDAY                                 | TUESDAY                                             | WEDNESDAY                                 | THURSDAY                                  | FRIDAY                                  | SATURDAY                                             | SUNDAY                                 |
|----------------------------------------|-----------------------------------------------------|-------------------------------------------|-------------------------------------------|-----------------------------------------|------------------------------------------------------|----------------------------------------|
| OPEN GYM<br>5:30 – 6:45 AM             | GROUP EXERCISE<br>5:35 - 6:20 AM                    | OPEN GYM<br>5:30 – 6:45 AM                | GROUP EXERCISE<br>5:35 - 6:20 AM          | OPEN GYM<br>5:30 – 6:45 AM              |                                                      |                                        |
| GROUP EXERCISE<br>7:15 - 8:00 AM       | GYM CLOSED                                          | GROUP EXERCISE<br>7:15 - 8:00 AM          | OPEN GYM<br>6:30 – 10:00 AM               | GROUP EXERCISE<br>7:15 - 8:00 AM        | GROUP EXERCISE<br>7:15 - 8:00 AM                     |                                        |
| OPEN GYM<br>8:30 – 10:30 AM            | GROUP EXERCISE<br>8:30 - 9:15 AM                    | OPEN GYM<br>8:30 – 10:30 AM               |                                           | GROUP EXERCISE<br>8:30 - 9:15 AM        | YOUTH SPORTS<br>8:15 AM - 10:30 PM                   | GROUP EXERCISE<br>8:15– 9:00 AM        |
| 1/2 PRE-K SPORTS<br>9:30-10:00 AM      | 1/2 PRE-K SPORTS<br>9:30-10:00 AM                   | 1/2 PRE-K SPORTS<br>9:30-10:00 AM         |                                           | OPEN GYM<br>9:30 – 10:30 AM             |                                                      | ADULT PICK UP B-BALL<br>9:00—11:00 AM  |
| YMCA CHILD CARE<br>10:30 - 11:30 AM    |                                                     |                                           |                                           |                                         | 1/2 FAMILY GYM<br>1/2 OPEN GYM<br>10:30 AM - 5:00 PM |                                        |
| OPEN GYM<br>11:30 – 2:00 PM            | OPEN PICKLE BALL<br>11:45 AM – 1:45 PM              | OPEN GYM<br>11:30 – 2:00 PM               | OPEN PICKLE BALL<br>11:45 AM – 1:45 PM    | YMCA AFTER SCHOOL<br>12:00 PM - 5:30 PM |                                                      | OPEN PICKLE BALL<br>11:15 AM – 1:30 PM |
| YMCA AFTER SCHOOL<br>2:00 PM - 5:30 PM |                                                     |                                           |                                           |                                         |                                                      |                                        |
| 1/2 ROCK CLIMBING<br>4:00 – 5:30 PM    | 1/2 YOUTH SPORTS<br>3:15– 5:30 PM                   | 1/2 PRE-K SPORTS<br>2:30-3:00 PM          |                                           |                                         |                                                      | OPEN GYM<br>1:45 - 4:00PM              |
| GROUP EXERCISE<br>5:45 - 6:45 PM       | GROUP EXERCISE<br>5:45 - 6:45 PM                    | GROUP EXERCISE<br>5:45 - 6:45 PM          | GROUP EXERCISE<br>5:45 - 6:45 PM          | TEEN GYM<br>5:30 - 8:00 PM              |                                                      |                                        |
| OPEN GYM<br>7:00 - 9:00 PM             | VOLO VOLLEYBALL<br>(starts 10/20)<br>6:45 - 9:00 PM | MEN'S BASKETBALL LEAGUE<br>6:45 - 9:00 PM | MEN'S BASKETBALL LEAGUE<br>6:45 - 9:00 PM |                                         |                                                      |                                        |

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