

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 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 8:15 AM - 2:30 PM	GROUP EXERCISE 8:15– 9:00 AM	
GROUP EXERCISE 7:15 - 8:00 AM	GYM CLOSED	GROUP EXERCISE 7:15 - 8:00 AM	OPEN GYM 6:30 – 10:00 AM	GROUP EXERCISE 7:15 - 8:00 AM			GROUP EXERCISE 7:15 - 8:00 AM
OPEN GYM 8:30 – 10:30 AM	GROUP EXERCISE 8:30 - 9:15 AM	OPEN GYM 8:30 – 10:30 AM		GROUP EXERCISE 8:30 - 9:15 AM			
1/2 PRE-K SPORTS 9:30-10:00 AM	1/2 PRE-K SPORTS 9:30-10:00 AM	1/2 PRE-K SPORTS 9:30-10:00 AM		OPEN GYM 9:30 – 10:30 AM		INCLYOUISION SPORTS 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 - 5:30 PM			OPEN GYM 11:00 AM —1:30 PM
YMCA AFTER SCHOOL 2:00 PM - 5:30 PM					1/2 FAMILY GYM 1/2 OPEN GYM 2:45 PM - 5:00 PM	YOUTH SPORTS 1:30—3:30 PM	
1/2 ROCK CLIMBING 4:00 – 5:30 PM	1/2 YOUTH SPORTS 3:15– 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 5:30 - 8:00 PM	SATURDAY GYM SCHEDULE ADJUSTMENTS Gym closed at 4:30pm on 9/19 10/17	OPEN GYM 3:30 PM —4:00 PM	
OPEN GYM 7:00 - 9:00 PM	VOLO VOLLEYBALL 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.