

# DOWNTOWN YMCA GYM SCHEDULE

<b>MONDAY</b>	<b>5:00 - 9:00 AM</b>	<b>9:00 - 10:00 AM</b>	<b>10:00 AM - 12:00 PM</b>	<b>12:00 - 7:30 PM</b>		
	<b>OPEN GYM</b>	<b>SPIN CLASS</b>	<b>PICKLE BALL</b>	<b>OPEN GYM</b>		
<b>TUESDAY</b>	<b>5:00 - 7:30 AM</b>	<b>7:30 - 9:30 AM</b>	<b>9:30 AM - 12:30 PM</b>	<b>12:30 - 4:30 PM</b>	<b>4:30 - 7:30 PM</b>	
	<b>OPEN GYM</b>	<b>FAMILY TIME</b>	<b>PICKLE BALL</b>	<b>FAMILY TIME</b>	<b>OPEN GYM</b>	
<b>WEDNESDAY</b>	<b>5:00 - 8:30 AM</b>	<b>8:45 - 9:30 AM</b>	<b>9:30 - 10:00 AM</b>	<b>10:00 AM - 12:00 PM</b>	<b>12:00 - 5:30 PM</b>	<b>5:30 - 7:00 PM</b>
	<b>OPEN GYM</b>	<b>SPIN</b>	<b>CORE &amp; MORE</b>	<b>PICKLE BALL</b>	<b>OPEN GYM</b>	<b>PICKLE BALL</b>
<b>THURSDAY</b>	<b>5:00 - 7:30 AM</b>	<b>7:30 - 9:30 AM</b>	<b>9:30 AM - 12:30 PM</b>	<b>12:30 - 4:30 PM</b>	<b>4:30 - 7:30 PM</b>	
	<b>OPEN GYM</b>	<b>FAMILY TIME</b>	<b>PICKLE BALL</b>	<b>FAMILY TIME</b>	<b>OPEN GYM</b>	
<b>FRIDAY</b>	<b>5:00 - 10:00 AM</b>	<b>10:00 AM - 12:00 PM</b>	<b>12:00 - 3:30 PM</b>	<b>3:30 - 7:30 PM</b>		
	<b>OPEN GYM</b>	<b>PICKLE BALL</b>	<b>FAMILY TIME</b>	<b>OPEN GYM</b>		
<b>SATURDAY</b>	<b>7:00 - 8:15 AM</b>	<b>8:30 - 9:30 AM</b>	<b>9:45 AM - 1:30 PM</b>			
	<b>OPEN GYM</b>	<b>SPIN / TABATA COMBO</b>	<b>OPEN GYM</b>			

**\*\*\* THE BASKETBALL COURT CLOSSES \*\*\***  
**MONDAY - FRIDAY 7:30 PM**  
**SATURDAY 1:30 PM**

**SCHEDULE SUBJECT TO CHANGE.**

Thank you for your cooperation.  
 The Watertown Family YMCA Staff

