



Gym Schedule

SOUTHDALE | SEPTEMBER 3 - OCTOBER 20, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	5:00am - 8:20am 3:45pm-10:00pm	5:00am - 9:25am 11:20am - 1:25pm 3:30pm-5:15pm 8:40pm-10:00pm	5:00am - 8:20am 3:45pm-6:30pm 6:30pm - 8:00pm (½ GYM) 8:00pm-10:00pm	5:00am - 9:25am 11:20am - 1:15pm 2:40pm-6:20pm 6:30pm - 10:00pm	5:00am - 8:25am 11:15am - 12:25pm 3:30pm-9:00pm	6:00am - 7:10am 11:00pm - 5:00pm (½ GYM) 5:00pm - 8:00pm	6:00am - 9:15am 10:35am-5:00pm (½ GYM) 5:00pm - 8:00pm
Group Exercise	8:30am-12:15pm	9:30am-11:15am	8:30am-12:15pm	9:30am-11:15am	8:30am-11:15am	7:15am-8:30am	9:15am-10:30am
Pickleball	12:30pm - 3:30pm		12:30pm - 3:30pm		12:30pm - 3:30pm		
YMCA Programs RESERVED		1:30pm-3:30pm 5:30pm-8:30pm		1:30pm-2:30pm		11:00pm-5:00pm (½ GYM)	11:00pm - 5:00pm (½ GYM)
Climbing Wall			6:30pm-8:00pm (½ GYM)				

Last updated 8/30/19