



Gym Schedule

YMCA Forest Lake | August 19th - October 13th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym	5:00am - 9:30am <i>BOTH GYMS</i> 9:30am - 2:00pm <i>NORTH GYM</i> 2:00pm - 5:00pm <i>BOTH GYMS</i> 5:00pm - 7:00pm <i>NORTH GYM</i>	5:00am - 7:00am <i>BOTH GYMS</i> 11:00am - 6:00pm <i>SOUTH GYM</i> 12:00pm - 10:00pm <i>NORTH GYM</i>	5:00am - 6:30am <i>BOTH GYMS</i> 9:30am-10:45am <i>NORTH GYM</i> 10:45am- 12:00pm <i>BOTH GYMS</i> 2:00pm-5:00pm <i>BOTH GYM</i> 5:00pm-8:00pm <i>NORTH GYM</i> 8:00pm- 10:00pm <i>BOTH GYMS</i>	5:00am - 7:00am <i>BOTH GYMS</i> 10:00am- 6:00pm <i>BOTH GYMS</i> 6:00pm-8:00pm <i>NORTH GYM</i> 8:00pm-10:00pm <i>BOTH GYMS</i>	5:00am - 6:30am <i>BOTH GYMS</i> 9:30am-10:45am <i>NORTH GYM</i> 10:45am-5:00pm <i>BOTH GYMS</i> 7:00pm-9:00pm <i>BOTH GYMS</i>	6:00am - 9:00pm <i>BOTH GYMS</i> 9:00am-5:00pm <i>NORTH GYM</i> 5:00pm -8:00pm <i>BOTH GYMS</i>	6:00am - 1:00pm <i>BOTH GYMS</i> 1:00pm-4:00pm <i>NORTH GYM</i> 4:00pm-8:00pm <i>BOTH GYMS</i>
Basketball PICK-UP	10:30am - 2:00pm <i>SOUTH GYM</i>						
Pickleball	7:00pm- 8:00pm <i>NORTH GYM</i> 8:00pm - 10:00pm <i>BOTH GYMS</i>	7:00am - 10:00am <i>BOTH GYMS</i>	6:30am - 9:30am <i>BOTH GYMS</i> 12:00pm - 2:00pm <i>BOTH GYMS</i>	7:00am - 10:00am <i>BOTH GYMS</i>	6:30am - 9:30am <i>BOTH GYMS</i>		
Youth Sports	5:00pm-7:00pm <i>SOUTH GYM</i> *5:00pm-7:00pm*	10:00am-11:00am <i>SOUTH GYM</i> 6:00pm-8:00pm <i>SOUTH GYM</i> *6:00pm-7:00pm *	5:00pm -8:00pm <i>SOUTH GYM</i>	6:00pm-8:00pm <i>SOUTH GYM</i> *6:00pm -8:00pm*	5:00pm-7:00pm <i>SOUTH GYM</i>	9:00am-1:00pm <i>SOUTH GYM</i>	
Kids Fit	9:30am- 10:30am <i>SOUTH GYM</i>		9:30am- 10:45am <i>SOUTH GYM</i>		9:30am-10:45am <i>SOUTH GYM</i>		
Volleyball		8:00pm - 10:00pm <i>SOUTH GYM</i>					
YMCA Programs RESERVED		10:00am - 12:00pm <i>NORTH GYM</i>				1:00pm-5:00pm <i>SOUTH GYM</i>	1:00pm- 4:00pm <i>SOUTH GYM</i>
Open Resident Gym Access	9:00am- 2:00pm <i>NORTH GYM</i>	4:00pm- 9:00pm <i>NORTH GYM</i>			4:00pm-5:00pm <i>BOTH GYMS</i> 5:00pm-7:00pm <i>NORTH GYM</i> 7:00pm-9:00pm <i>BOTH GYMS</i>	4:00pm - 5:00pm <i>NORTH GYM</i> 5:00pm- 8:00pm <i>BOTH GYMS</i>	4:00pm - 8:00pm <i>BOTH GYMS</i>

The YMCA gym schedule is subject to change

Questions: Contact Jason James
jason.james@ymcamn.org

Youth Sport will be held outside unless there is inclement weather