



# Gym Schedule

## SOUTHDALE | MARCH 11 - MAY 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym</b>	5:00am - 8:20am 3:45pm-6:30pm 6:30pm - 8:00pm (1/2 GYM) 8:00pm-10:00pm	5:00am - 9:25am 11:15am - 1:25pm 3:30pm-4:50pm 8:40pm-10:00pm	5:00am - 8:20am 3:45pm-6:30pm 6:30pm - 8:00pm (1/2 GYM) 8:00pm-10:00pm	5:00am - 9:25am 11:15am - 1:30pm 2:30pm-10:00pm	5:00am - 8:25am 11:15am - 12:25pm 5:00pm-9:00pm	6:00am - 7:20am 3:00pm - 5:00pm (1/2 GYM) 5:00pm - 8:00pm	6:00am - 9:10am 10:30am - 12:00pm 12:00pm-5:00pm (1/2 GYM) 5:00pm - 8:00pm
<b>Group Exercise</b>	8:30am-12:15pm	9:30am-11:15am	8:30am-12:15pm	9:30am-11:15am	8:30am-11:15am	7:30am-8:30am	9:15am-10:30am
<b>Pickleball</b>	12:30pm - 3:30pm		12:30pm - 3:30pm		12:30pm - 3:30pm		
<b>YMCA Programs RESERVED</b>		1:30pm-3:30pm 5:00pm-8:30pm		1:30pm-2:30pm	3:30pm-5:00pm	8:30am-3:00pm 3:00pm-5:00pm (1/2 GYM)	12:00pm - 5:00pm (1/2 GYM)
<b>Climbing Wall</b>	6:30pm-8:00pm (1/2 GYM)		6:30pm-8:00pm (1/2 GYM)				

Last updated 3/11/19