



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

AUGUST 16-SEPTEMBER 30

BURLINGTON AREA YMCA

OLD GYM										
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00 AM	OPEN GYM 5:00 AM - 8:00 AM		OPEN GYM 5:00 AM - 8:00 AM		OPEN GYM 5:00 AM - 8:00 AM					
6:00 AM										
7:00 AM	PICKLEBALL 8:00 AM - 11:00 AM				PICKLEBALL 8:00 AM - 11:00 AM				PICKLEBALL 8:00 AM - 11:00 AM	
8:00 AM										
9:00 AM	OPEN GYM 11:00 AM - 9:00 PM		OPEN GYM 5:00 AM - 9:00PM					OPEN GYM 5:00 AM - 9:00 PM		OPEN GYM 7:00AM-5:00PM
10:00 AM										
11:00 AM										
12:00 PM										
1:00 PM	OPEN GYM 11:00 AM - 9:00 PM				OPEN GYM 11:00 AM - 7:00 PM		OPEN GYM 12:00-5:00PM			
2:00 PM										
3:00 PM										
4:00 PM										
5:00 PM										
6:00 PM										
7:00 PM										
8:00 PM										
9:00 PM										
10:00 PM										

NEW GYM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	OPEN GYM 5:00 AM - 4:00 PM	GYM CLOSED					
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM	VB PRACTICE	VB PRACTICE			OPEN GYM 5:00 AM - 7:00PM	VB GAMES	
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							OPEN GYM 12:00-5:00PM
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							

IMPORTANT NOTES

