

GYM SCHEDULE

FEBRUARY 1 - FEBRUARY 28

BURLINGTON AREA YMCA

OLD GYM										
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
5:00 AM										
6:00 AM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 7:00 AM - 8:45 AM				
7:00 AM										
8:00 AM										
9:00 AM	PICKLEBALL 9:00 AM - 11:00 AM				PICKLEBALL 9:00 AM - 11:00 AM			PICKLEBALL 9:00 AM - 11:00 AM	Mighty Mite Basketball 9AM- 2PM	
10:00 AM										
11:00 AM	OPEN GYM 11:00 AM - 1:00 PM				OPEN GYM 11:00 AM - 1:00 PM			OPEN GYM 11:00 AM - 1:00 PM		
12:00 PM										OPEN GYM 12:00- 2:45
1:00 PM	BADMINTON 1:00 PM - 2:30 PM				BADMINTON 1:00 PM - 2:30 PM			BADMINTON 1:00 PM - 2:30 PM	Competitive Basketball League 2:00PM - 6:00PM+	
2:00 PM										
3:00 PM	OPEN GYM 2:30 PM - 5:00 PM				OPEN GYM 2:30 PM - 5:00 PM			OPEN GYM		Oh Baby-Strolling for Strength
4:00 PM					1/2 Mighty Mite Bball Pract.	OPEN GYM 3:45PM-6PM				
5:00 PM	1/2 Gym Mighty Mite Bball Pract.	1/2 Gym Mighty Mite Bball Pract.	1/2 Gym Mighty Mite Bball Pract.	1/2 Gym Mighty Mite Bball Pract.						
6:00 PM					Friday Night Youth Night 6:00 PM - 8:30 PM					
7:00 PM	OPEN GYM 7:00 PM - 10:00 PM	OPEN GYM 7:00 PM - 10:00 PM	OPEN GYM 8:00 PM - 10:00 PM	OPEN GYM 7:00 PM - 10:00 PM	OPEN GYM 8:30 PM - 10:00 PM					
8:00 PM										
9:00 PM										
10:00 PM										

NEW GYM								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM								
6:00 AM								
7:00 AM								
8:00 AM		OPEN GYM 5:00 AM - 1:45 PM				Youth Winter Soccer League	Adult Indoor Soccer League	
9:00 AM								
10:00 AM	OPEN GYM 5:00 AM - 5:00 PM			OPEN GYM 5:00 AM - 5:00 PM	OPEN GYM 5:00 AM - 5:00 PM			OPEN GYM 5:00 AM - 5:45 PM
11:00 AM								
12:00 PM								
1:00 PM								
2:00 PM			Itty Bitty Sports					
3:00 PM			OPEN GYM 3:00 PM - 5:00 PM					
4:00 PM								
5:00 PM	Youth Winter Soccer League Training 5-6:30		Youth Winter Soccer League Training	Youth Winter Soccer League Training	Youth Winter Soccer League Training 5-6:30			
6:00 PM					Friday Night Youth Night 6:00 PM - 8:30 PM			
7:00 PM	1/2 Comp. League	5:00 PM - 8:00 PM	5:00 PM - 8:00 PM	Comp. League				
8:00 PM		SOCCER OPEN GYM	OPEN GYM	SOCCER OPEN GYM				
9:00 PM	OPEN GYM 6:30 PM - 10:00 PM	8:00 PM - 10:00 PM	8:00 PM - 10:00 PM	8:00 PM - 10:00 PM	OPEN GYM 8:30 PM - 10:00 PM			
10:00 PM								

IMPORTANT NOTES

Itty Bitty Sports Program: Tuesdays: Jan. 17 - Feb. 21, 2PM-2:45PM

Soccer Open Gym: Free for members and Adult League team members, day pass for non-members

Oh Baby- Mommy and Me Fitness: Sundays 3:00PM - 3:45PM

WSL ends Feb. 25 and Mighty Mite Basketball ends Feb. 18

Sunday, February 9: Competitive Basketball League Games 4:15-closing in Gym 1

