



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

## NOVEMBER

BURLINGTON AREA YMCA

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

NEW GYM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>GYM CLOSED</b>	<b>YOUTH BBALL</b>	
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	<b>BBALL PRACTICE</b> 5:00PM-7:00PM	<b>BBALL PRACTICE</b> 5:00PM-8:00PM	<b>BBALL PRACTICE</b> 5:00PM-8:00PM	<b>BBALL PRACTICE</b> 5:00PM-8:00PM	<b>FRIDAY NIGHT @ THE Y</b> 5:00PM-6:30PM	<b>GYM CLOSED</b>	<b>YOUTH BBALL</b> 12:00 - 5:30 PM
6:00 PM							
7:00 PM	<b>GYM CLOSED</b>						
8:00 PM							
9:00 PM							
10:00 PM							

**\*IMPORTANT NOTES\***

\*\*ITTY BITTY MONDAY SESSION TO START ON 11/30 IN GYM 1 6:15-7:00\*\*

\*\*ITTY BITTY THURSDAY SESSION TO END 11/19 W/MAKEUP SESSION 11/16\*\*