



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MARCH

BURLINGTON AREA YMCA

OLD GYM								
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00 AM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 5:00 AM - 9:00 AM	OPEN GYM 7:00AM - 6:00PM	OPEN GYM 12:00- 2:45	
6:00 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			
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	BADMINTON 1:00 PM - 2:30 PM		BADMINTON 1:00 PM - 2:30 PM		BADMINTON 1:00 PM - 2:30 PM			
1:00 PM	OPEN GYM 2:30 PM - 10:00 PM		OPEN GYM 2:30 PM - 10:00 PM		OPEN GYM 2:30 PM - 10:00 PM			Friday Night Youth Night 6:00 PM - 8:30 PM
2:00 PM								
3:00 PM	OPEN GYM 2:30 PM - 10:00 PM	OPEN GYM 2:30 PM - 10:00 PM	OPEN GYM 2:30 PM - 10:00 PM	Friday Night Youth Night 6:00 PM - 8:30 PM	OPEN GYM 8:30 PM - 10:00 PM	Oh Baby-Strolling for Strength		
4:00 PM								
5:00 PM								
6:00 PM								
7:00 PM	OPEN GYM 2:30 PM - 10:00 PM	OPEN GYM 2:30 PM - 10:00 PM	OPEN GYM 2:30 PM - 10:00 PM	Friday Night Youth Night 6:00 PM - 8:30 PM	OPEN GYM 8:30 PM - 10:00 PM	Oh Baby-Strolling for Strength		
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 - 10:00 PM	OPEN GYM 5:00 AM - 8:00 PM	OPEN GYM 5:00 AM - 10:00 PM	OPEN GYM 5:00 AM - 8:00 PM	OPEN GYM 5:00 AM - 5:45 PM	OPEN GYM 7:00AM - 6:00 PM	Adult Indoor Soccer League
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	SOCCER OPEN GYM 8:00 PM - 10:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	Friday Night Youth Night 6:00 PM - 8:30 PM	OPEN GYM 8:30 PM - 10:00 PM	
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	SOCCER OPEN GYM 8:00 PM - 10:00 PM	Friday Night Youth Night 6:00 PM - 8:30 PM	OPEN GYM 8:30 PM - 10:00 PM	
8:00 PM							
9:00 PM							
10:00 PM							

IMPORTANT NOTES

March 4: Competitive Basketball League Tournament Gym 1 10AM- 5PM

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

Friday Nigh Youth Night Last Night: March 10

