



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE SEPTEMBER

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 - 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 7:00 AM - 6:00 PM	
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							
1:00 PM	BADMINTON 1:00 PM - 2:30 PM		BADMINTON 1:00 PM - 2:30 PM		BADMINTON 1:00 PM - 2:30 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		
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									
6:00 AM	OPEN GYM 5:00 AM - 10:00 AM	OPEN GYM 5:00 AM - 10:00 PM		OPEN GYM 5:00 AM - 10:00 AM	OPEN GYM 5:00 AM - 9:00 PM	OPEN GYM 11:00 AM - 9:00 PM			
7:00 AM									
8:00 AM									
9:00 AM	IBS		OPEN GYM 5:00 AM - 3:30 PM	IBS					
10:00 AM									
11:00 AM	OPEN GYM 11:00 AM - 10:00 PM		OPEN GYM 5:00 AM - 10:00 PM	VOLLEYBALL 3:30 PM - 7:00 PM				OPEN GYM 11:00 AM - 10:00 PM	
12:00 PM									
1:00 PM									
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									

IMPORTANT NOTES

MON, TUES, THURS, & FRI SOCCER PRACTICE WITH INCLIMENT WEATHER-GYM 2
IBS MONDAYS & FRIDAYS BEGINNING 9/16-10/3

