




















Downtown YMCA Gym Schedule - March 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday									
6:00 AM	Aerobics		Aerobics													
6:30 AM			Aerobics													
7:00 AM	6:00-7:00		6:00-7:00													
7:30 AM																
8:00 AM									Tae Kwon Do 							
8:30 AM	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics											
9:00 AM								8:15-9:00								
9:30 AM		8:30-11:00		8:30-11:00	8:30-10:30											
10:00 AM																
10:30 AM									8:30-12:30	8:30-12:30	12:00-1:00					
11:00 AM									Aerobics							
11:30 AM									12:00-1:00							
12:00 PM		8:30-12:30			8:30-12:30											
12:30 PM		Adult B-ball			Adult B-ball						Adult B-ball	Adult B-ball				
1:00 PM																
1:30 PM						12:45 - 3:00	12:45 - 3:00							12:45 - 3:00	12:45 - 3:00	
2:00 PM																
2:30 PM															Aerobics	Aerobics
3:00 PM																
3:30 PM																
4:00 PM							4:30-6:30				5:30-6:30	4:30-6:30				
4:30 PM							Adult B-ball				Volleyball	Dodgeball				
5:00 PM	Aerobics		Aerobics													
5:30 PM			Aerobics													
6:00 PM	5:30-7:30		7:00-9:00				7:00-9:00									
6:30 PM																
7:00 PM									6:45-9:45							
7:30 PM	Adult B-ball															
8:00 PM																
8:30 PM								6:45-9:45								
9:00 PM																
9:30 PM								6:45-9:45								
9:45 PM	6:45-9:45															

Open Gym
 (No full court Basketball)

* Open Gym subject to YMCA Programs and is for all ages

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