

Auburn Valley YMCA Gym Schedule Winter 2007 Effective January 2-March 24

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
COURT #1	COURT #2	COURT #1	COURT #2	COURT #1	COURT #2	COURT #1	COURT #2	COURT #1	COURT #2	COURT #1	COURT #2	COURT #1	COURT #2	
Open Gym 5 am-11 am	Open Gym 5-5:45am	Open Gym 5am-noon	Open Gym 5-9:30am	Open Gym 5 am-11am	Open Gym 5-5:45am	Open Gym 5am-noon	Open Gym 5-9:30am	Open Gym 5 am-11am	Open Gym 5-5:45am	Youth Sports 8-10am	Youth Sports 8-8:45am	Open Gym 10am-6pm	Open Gym 11am-6pm	
	Cycling 5:45-6:30am		*Cycling w/abs 9:30-10:30am		Cycling 5:45-6:30am		*Cycling w/abs 9:30-10:30am		Cycling 5:45-6:30am					Cycling set-up 8:45-9:00
	Cycling 6:30-7:15am		Open Gym 10:45am-4:30 pm		Cycling 6:30-7:15am		Open Gym 10:45-4:30 pm		Cycling 6:30-7:15am					*Cycling 9-9:45am
	Open Gym 7:30-11am		Youth Fitness 4:30-5pm		Open Gym 7:30-11am		Youth Fitness 4:30-5pm		Open Gym 7:30-11am					Cycling take-down 9:45-10:00
Drop-In B-ball 11am-noon	Drop-In B-ball 11am-noon	Youth Sports 5-7pm	Youth Sports 5-5:45pm	Drop-in B-ball 11am-noon	Drop-in B-ball 11am-noon	Youth Sports 5-9pm	Youth Sports 5-5:45pm	Drop-in B-ball 11am-noon	Drop-in B-ball 11am-noon	Open Gym 10am-6pm	Open Gym 10am-11am	Open Gym 11am-6pm	Open Gym 11am-6pm	
Open Gym Noon-7pm	Open Gym Noon-5pm		Cycling set-up 5:45-6:00	Open Gym Noon-7pm	Open Gym Noon-5pm		Cycling set-up 5:45-6:00	Open Gym Noon-9pm	Open Gym Noon-9 pm					Open Volleyball 11am-2pm
	Family B-ball 5-7pm		*Cycling 6-6:45pm	Cycling take-down 6:45-7:00	Family B-ball 5-7pm		*Cycling 6-6:45pm	Cycling take-down 6:45-7:00	Open Gym 2-6pm					
Adult Full Court B-ball 16 & over 7-9pm	Adult Full Court B-ball 16 & over 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	Adult Full Court B-ball 16 & over 7-9pm	Adult Full Court B-ball 16 & over 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	Open Gym 7-9pm	

COURT #1-side closest to doors

*Cycling classes require up to 15 minutes before and after class to set up and remove bikes.

Changes to the gym schedule for special YMCA events will be posted on the gym doors as necessary. Youth Sports session dates are Jan.15-Mar. 15

Dates may be modified to accommodate for make-up games. Last updated 12.13.06