



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

**WEST SIDE FAMILY Y
 OCTOBER 2021**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Single Person Shoot Around 5:00am-5:15am	Single Person Shoot Around 5:00am-5:15am	Single Person Shoot Around 5:00am-8:45am	Single Person Shoot Around 5:00am-5:15am	Single Person Shoot Around 5:00am-9:15am	Single Person Shoot Around 7:00am-7:45am	Single Person Shoot Around 1:00pm-2:00pm
Ultimate Fit 5:30am-6:30am	Ultimate Fit 5:30am-6:30am	Ultimate Fit 9:00am-10:00am	Ultimate Fit 5:30am-6:30am	Pickleball 9:30am-11:00am	Kickboxing 8:00am-9:00am	Family Basketball (NO FULL COURT) 2:00pm-4:00pm
Single Person Shoot Around 6:30am-9:15am	Single Person Shoot Around 6:30am-9:45am	Single Person Shoot Around 10:15am-5:00pm	Single Person Shoot Around 6:30am-9:45am	Single Person Shoot Around 11:15am-5:00pm	Single Person Shoot Around 9:00am-9:30am	Single Person Shoot Around 4:00pm-6:00pm
Pickleball 9:30am-11:00am	Homeschool PE 10:00am-11:00am	Family Basketball (NO FULL COURT) 5:00pm-7:00pm	Homeschool PE 10:00am-11:00am	Family Basketball (NO FULL COURT) 5:00pm-7:00pm	Zumba 9:45am-10:45am	
Single Person Shoot Around 11:15am-5:15pm	Single Person Shoot Around 11:00am-5:00pm	Gym Closed Private Event 7:00pm-9:00pm	Single Person Shoot Around 11:00am-5:00pm	Full Court Basketball 7:00pm-9:00pm	Single Person Shoot Around 10:45-1:00pm	
Ultimate Fit (Full Court) 5:30pm-6:30pm	Family Basketball (NO FULL COURT) 5:00pm-7:00pm		Ultimate Fit (Full Court) 5:30pm-6:30pm		Family Basketball (NO FULL COURT) 1:00pm-3:00pm	
Full Court Basketball 7:00pm-9:00pm	Full Court Basketball 7:00pm-9:00pm		Full Court Basketball 7:00pm-9:00pm		Single Person Shoot Around 3:00pm-6:00pm	