

# Gym #3 Schedule updated 02/13/2020

**February 17-March 20, 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>The Y opens at 1:00 pm</b>	<b>The Y opens at 5:00 am</b>	<b>The Y opens at 5:00 am</b>	<b>The Y opens at 5:00 am</b>	<b>The Y opens at 5:00 am</b>	<b>The Y opens at 5:00 am</b>	<b>The Y opens at 7:00 am</b>
<b>1:00-closing</b> Open Gym	<b>5:00-7:45 am</b> Open Gym	<b>5:00 -10:00 am</b> Open Gym	<b>5:00-7:45 am</b> Open Gym	<b>5:00 -10:00 am</b> Open Gym	<b>5:00-7:45 am</b> Open Gym	<b>7:00 -8:00 am</b> Open Gym
	<b>7:45-8:45 am</b> AOA Cardio/Strength		<b>7:45-8:45 am</b> AOA Cardio/Strength		<b>7:45-8:45 am</b> AOA Cardio/Strength	<b>8:00-10:00 am</b> Group Rental
	<b>8:45-10:15 am</b> Enhanced Fitness		<b>8:45-10:15 am</b> Enhanced Fitness		<b>8:45-10:15 am</b> Enhanced Fitness	
<b>The Y closes at 5:00 pm</b>	<b>10:15-11:15 am</b> AOA Cardio/Strength	<b>10:00-noon</b> Childcare	<b>10:15-11:15 am</b> AOA Cardio/Strength	<b>10:00-noon</b> Childcare	<b>10:15-11:15 am</b> AOA Cardio/Strength	<b>10:00am-3:00pm</b> Open Gym
	<b>11:15-11:30 am</b> Open Gym		<b>11:15-11:30 am</b> Open Gym		<b>11:15-11:30 am</b> Open Gym	<b>3:00-6:00 pm</b> Wystar Men
<b>Special Events</b>	<b>11:30-1:30 pm</b> Noon Ball	<b>Noon-1:30 pm</b> Open Gym	<b>11:30-1:30 pm</b> Noon Ball		<b>11:30-1:30 pm</b> Noon Ball	<b>The Y closes at 6:00 pm</b>
	<b>1:30-3:00 pm</b> Holy Name	<b>1:30 - 2:30pm</b> Sheridan Day Program	<b>1:30-7:00 pm</b> Open Gym	<b>Noon-9:00 pm</b> Open Gym		
	<b>3:00-7:00 pm</b> Open Gym	<b>2:30-5:00pm</b> Open Gym			<b>1:30-9:00 pm</b> Open Gym	
		<b>5:00-7:30 pm</b> Youth Volleyball				
	<b>7:00-9:00 pm</b> Group Rental	<b>7:30-9:00 pm</b> Open Gym	<b>7:00-9:00 pm</b> Group Rental			
	<b>***** The Y Closes at 9:00 pm *****</b>					

We strive to have one gym open at all times to meet all member needs. Please be respectful of usage throughout the day by different programs and groups. Thank you!