



# YMCA of Metro North Gymnastics Center

## GYM SCHEDULE

**September 10 – October 28**

| SUNDAY                                     | MONDAY                                    | TUESDAY  | WEDNESDAY                                  | THURSDAY                                       | FRIDAY                                     | SATURDAY                                     |
|--|---|--|--|--|--|--|
|  | 5:30-6:30am<br>Bootcamp w/ a<br>Twist     |  |  |  |  |  |
| 9:00-10:00<br>Open Gym<br>(0-7yrs)         | 9:00-2:00<br>Preschool &<br>Youth classes | 8:45-9:30<br>Interval Training &<br>Y Fit Kids | 9:00-11:00<br>Preschool &<br>Youth classes | 8:45-9:30<br>Interval Training &<br>Y Fit Kids | 8:45-10:30<br>Preschool &<br>Youth classes | 9:00-1:30<br>Preschool &<br>Youth<br>classes |
| 10:00-2:30<br>Preschool &<br>Youth classes | 2:00-3:00<br>Open Gym<br>(all ages!)      | 9:30-11:00<br>Preschool &<br>Youth classes     | 11:00-12:00<br>Open Gym<br>(0-7yrs)        | 9:30-2:00<br>Preschool &<br>Youth classes      | 10:30-11:30<br>Open gym (0-<br>7yrs)       | 1:30-5:30<br>Birthday<br>Parties             |
| 2:30-5:00<br>Birthday<br>Parties           | 3:00-6:30<br>Preschool &<br>Youth classes | 11:00-12:00<br>Open Gym<br>(0-7yrs)            | 12:00-2:00<br>Preschool &<br>Youth Classes | 2:00-3:00<br>Open gym<br>(0-7yrs)              | 12:00-2:00<br>Preschool &<br>Youth Classes |  |
| 4:30-5:30<br>Open Gym<br>(6-18)            | 3:30-8:30<br>Team practices               | 12:00-7:45<br>Preschool &<br>Youth Classes     | 2:00-3:00<br>Open Gym<br>(all ages!)       | 3:00-6:00<br>Preschool &<br>Youth classes      | 2:00-3:00<br>Open Gym<br>(all ages!)       |  |
| 5:30-6:30<br>Open Gym<br>(14+)             |   | 3:30-8:30<br>Team practices                    | 3:00-5:15<br>Preschool &<br>Youth classes  | 3:30-8:30<br>Team practices                    | 3:00-4:00<br>Preschool &<br>Youth classes  |  |
|  |   |  | 3:30-8:30<br>Team practices                |  | 3:30-6:30<br>Team<br>Practices             |  |
|  |   |  |  |  |  |  |