



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL GYM SCHEDULE

WINTER II SESSION: FEBRUARY 25- APRIL 14, 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Open Gym 5:00a-8:45a	Open Gym 5:00a-5:15a	Open Gym 5:00a-3:15p	Open Gym 5:00a-5:15a	Open Gym 5:00a-8:45a	
		Active Together 5:30a-6:30a		Active Together 5:30a-6:30a		Open Gym 6:00a-6:45a
		Core Focus Together 6:30a-7:00a		Core Focus Together 6:30a-7:00a		Active Together 7:00a-8:00a
		Open Gym 7:30a-10:00a		Open Gym 7:30a-10:00a		Core Focus Together 8:15a-8:45a
	Strength Train Together 9:00a-10:00a				Strength Train Together 9:00a-10:00a	Strength Train Together 9:00a-10:00a
Family Open Gym 10:00a-6:00p	Open Gym 10:15a-3:45a	Cardio Blast 10:15a-11:00a		Cardio Blast 10:15a-11:00a	Open Gym 10:15a-3:45p	Open Gym 10:15a-11:00p
		Core Focus Together 11:15a-11:45a		Core Focus Together 11:15a-11:45a		YBL Games 11:15a-1:45p
		Open Gym 12:00p-3:45p		Open Gym 12:00p-3:15p		
			Sport Shorts 3:30p-4:15p	Sport Fundamentals 3:30p-4:15p		Zumba 2:00p-3:00p
	Sport Shorts 4:00p-4:45pm	Family Open Gym 4:00p-4:30p			Family Open Gym 4:00p-5:00p	Open Gym 3:15p-6:00p
	Open Gym 5:00p-6:45p	YBL Practice (6-8 years) 1/8-3/19 4:45p-5:45p	Little Kickers 4:30p-5:15p	YBL Practices (6-8 years) 1/10-3/21 4:45p-5:45p	Open Gym 5:15p-10:00p	
		Strength Train Together 5:45p-6:45p	Open Gym 5:30p-8:00p	Strength Train Together 5:45p-6:45p		
	Family Sports Class 7:00p-7:45p	Zumba 7:00p-8:00p		Zumba 7:00p-8:00p		
	Teen / Adult Open Gym 8:15p-10:00p	Teen / Adult Open Gym 8:15p-10:00p	Teen / Adult Open Gym 8:15p-10:00p	Teen / Adult Open Gym 8:15p-10:00p		



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LARGE GYM SCHEDULE

WINTER II SESSION: FEBRUARY 25- APRIL 14, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Open Gym 5:00a-5:45a Bootcamp 6:00a-7:00a Open Gym 7:15a-8:45a Let's Get Moving 9:00a-9:45a	Open Gym 5:00a-8:45a Functional Strength Training 9:00a-10:00a	Open Gym 5:00a-8:45a Let's Get Moving 9:00a-9:45a	Open Gym 5:00a-8:45a Functional Strength Training 9:00a-10:00a	Open Gym 5:00a-5:45a Bootcamp 6:00a-7:00a Open Gym 7:15a-8:45a Let's Get Moving 9:00a-9:45a	 Open Gym 6:00a-7:45a Adult (21+) Basketball 8:00a-10:00a
Warrior Conditioning 10:15a-11:15a Open Gym 11:30a-12:45p Badminton 1:00p-3:30p Volleyball 4:00p-6:00p	Fit Over Fifty 10:00a-10:45a Open Gym 11:00a-11:45a Adult (21+) Basketball 12:00p-2:00p Open Gym 2:15p-2:45p Teen Open Basketball 3:00p-4:45p Y BB Sk& Dr (6-8 yrs) 5:00p-5:45p Y BB Sk& Dr (9-11 yrs) 5:45p-6:45p Bootcamp 7:00p-8:00p Volleyball 8:15p-10:00p	Sports Fundamentals 10:30a-11:15a Open Gym 11:30a-12:15p Women's 18+ Basketball 12:30p-2:30p Teen Open Basketball 3:00p-4:45p YBL Practice (9-11 yrs) 5:00p-6:00p Open Gym 6:15p-7:45p Adult Badminton 8:00p-10:00p	Fit Over Fifty 10:00a-10:45a Open Gym 11:00a-11:45a Adult (21+) Basketball 12:00p-2:00p Open Gym 2:15p-2:45p Teen Open Basketball 3:00p-4:45p Open Gym 5:00p-5:45p Little Kickers 6:00p-6:45p Bootcamp 7:00p-8:00p Women's 18+ Basketball 8:15p-10:00p	Open Gym 10:15a-2:45p Teen Open Basketball 3:00p-4:45p YBL Practice (9-11 yrs) 5:00p-6:00p Open Gym 6:15p-7:45p Adult Badminton 8:00p-10:00p	Fit Over Fifty 10:00a-10:45a Volleyball 11:00a-1:00p Open Gym 1:15p-4:45p BB Clinics (12-14 yrs) 5:00p-6:00p Open Gym 6:15p-10:00p	Biddy Ballers 10:15a-11:00a YBL Games (9-11 yrs) 11:15a-1:45p Open Gym 2:00p-6:00p