

NBYMCA GYM SCHEDULE

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	East	West	East	West	Wednesday	West	East	West	East	West	East	West	East	West
6:00 AM	Open Gym 6 - 2		Open Gym 6 - 2		Open Gym 6 - 2		Open Gym 6 - 2		Open Gym 6 - 4:45					
6:30														
7:00														
7:30														
8:00														
8:30														
9:00														
9:30														
10:00														
10:30														
11:00	Open Gym 2-4:45		Open Gym 2-4:45		Open Gym 2-4:45		Open Gym 2-4:45		Open Gym 6 - 4:45					
11:30														
12:00 PM														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30														
4:00	On Track 4:45 - 5:30		On Track 4:45 - 5:30		On Track 4:45 - 5:30		On Track 4:45 - 5:30		On Track 4:45 - 5:30					
4:30														
5:00	Open Gym 5:30-6:30		Step It Up 5:30-6:30		Open Gym 5:30-8		Step It Up 5:30-6:30		Youth Soccer 5:30-6:30					
5:30														
6:00	Volleyball League 6:30 - close		Basketball League 5:30-close		Open Gym 5:30-8		Rockin Abs 6:30-7:15		Basketball League 5:30-close					
6:30							Teen Program 7:15-8							
7:00							Open Gym 8 - close							
7:30														
8:00														
8:30														
9:00														
9:30														