

Flagstaff Family YMCA Gym Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00am								May'12
5:30am	Open*	Open*	Open*	Open*	Open*	Open*	Open*	
6:00am								
6:30am								
7:00am								
7:30am								
8:00am								
8:30am								
9:00am								
9:30am								
10:00am								
10:30am								
11:00am	Athletic Conditioning 11:00-11:45am	Open*	Open*	Open*	Open*	Open*	Open*	
11:30am								
12:00pm	Pick-Up Basketball							
12:30pm								
1:00pm	Open*							
1:30pm								
2:00pm								
2:30pm								
3:00pm								
3:30pm								
4:00pm								
4:30pm		Y Cheer 4:00-5:00pm	Itty Bitty Variety* 4:00-4:45pm	Y Cheer 4:00-5:00pm	Gymnastics 3:00-3:45pm & Tumbling 3:45-4:30pm			
5:00pm		Y Volleyball 5:00-6:00pm	Club Volleyball 5:00-6:30pm	Y Volleyball 5:00-6:00pm	Club Volleyball 5:00-6:30pm	Soccer 5:00-6:00pm		
5:30pm		Club Volleyball 6:00-7:30pm	H.I.I.T 6:30-7:00pm	Club Volleyball 6:00-7:30pm	H.I.I.T 6:30-7:00pm	Youth Team practice		
6:00pm	Open*					Open*	Open*	Open*
6:30pm								
7:00pm	Open*	Open*	Open Adult Volleyball	Open*	Open*	Open*	Open*	
7:30pm								
8:00pm								
8:30pm								
9:00pm	Facility Closes	Facility Closes	Facility Closes	Facility Closes	Facility Closes	Facility Closes	Facility Closes	
9:30pm								
10:00pm								*.5 Signifies Half Gym Use*

* Times and activities are subject to change. Please call for the most up to date schedule of events. 928-556-9622

Sign Up For Our YOUTH SUMMER SPORTS Today!!

Sports Injury Prevention Night
May 24th 6:00-7:00pm



