



GYM SCHEDULE

Legacy Foundation Chris-Town YMCA • May 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Schedule is Subject to Change | SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | | | | | | | | |
|-------------------------------|--|-------|--------------------------------|-------|-----------------------|-------|--------------------------------|-------|-----------------------------------|-------|--|-------|-----------------------------|-------|----------------------|--|----------------------|--|----------------------|--|----------------------|--|
| | NORTH | SOUTH | NORTH | SOUTH | NORTH | SOUTH | NORTH | SOUTH | NORTH | SOUTH | NORTH | SOUTH | NORTH | SOUTH | | | | | | | | |
| 5AM-6AM | FACILITY CLOSED | | Open Gym (5am-1pm) | | Open Gym (5am-1pm) | | Open Gym (5am-1pm) | | Open Gym (5am-1pm) | | Open Gym (5:00-1:00) | | FACILITY CLOSED | | | | | | | | | |
| 6AM-7AM | | | | | | | | | | | | | | | Bootcamp (5:45-6:45) | | Bootcamp (5:45-6:45) | | Bootcamp (5:45-6:45) | | Bootcamp (5:45-6:45) | |
| 7AM-8AM | | | | | | | | | | | | | | | | | | | | | | |
| 8AM-9AM | | | | | | | | | | | | | | | | | | | | | | |
| 9AM-10AM | Adult Men's Basketball Pickup (9:00-12:00) | | Open gym (10am-1pm) | | Tai Chi (9-10am) | | Open gym (10am-1pm) | | Tai Chi (9-10am) | | Open Gym (6:30am-4:00) (May 12th, no open gym) | | | | | | | | | | | |
| 10AM-11AM | | | | | | | | | | | | | | | | | | | | | | |
| 11AM-12PM | | | | | | | | | | | | | | | | | | | | | | |
| 12PM-1PM | Open Gym (12:00-4:00) | | Pick Up Basketball (1:00-3:00) | | Open gym (10am-3pm) | | Pick Up Basketball (1:00-3:00) | | Open gym (10am-3pm) | | Pick Up Basketball (1:00-3:00) | | | | | | | | | | | |
| 1PM-2PM | | | | | | | | | | | | | | | | | | | | | | |
| 2PM-3PM | | | | | | | | | | | | | | | | | | | | | | |
| 3PM-4PM | FACILITY CLOSED | | Open Gym (3:00-7:00) | | Open Gym (3:00-6:00) | | Open Gym (3:00-5:30) | | Open Gym (3:00-5:00) | | Open Gym (3:00-5:00) | | | | | | | | | | | |
| 4PM-5PM | | | | | | | | | | | | | | | | | | | | | | |
| 5PM-6PM | | | | | | | | | | | | | | | FACILITY CLOSED | | | | | | | |
| 6PM-7PM | | | | | | | Boot Camp (6:00-7:00) | | Youth Sports Practice (5:00-6:00) | | Open Gym (5:30-7pm) | | Open Volleyball (5:30-7:00) | | | | | | | | | |
| 7PM-8PM | | | | | | | | | | | | | Open Gym (5:00-10:00) | | | | | | | | | |
| 8PM-9PM | | | | | | | | | | | | | | | | | | | | | | |
| 9PM-10PM | | | Open Gym (7:00-10:00) | | Open Gym (7:00-10:00) | | Gym Closed (7-9pm) Volleyball | | | | FACILITYCLOSED | | | | | | | | | | | |
| | | | | | | | Open Gym (9-10pm) | | | | | | | | | | | | | | | |