



# SHEBOYGAN YMCA GYM SCHEDULE

January 7, 2019 - February 23, 2019

	MONDAY			TUESDAY			WEDNESDAY		
	<i>Main</i>	<i>East</i>	<i>Muth</i>	<i>Main</i>	<i>East</i>	<i>Muth</i>	<i>Main</i>	<i>East</i>	<i>Muth</i>
6:00			OPEN GYM	ADULT BB		CLOSED	ADULT BB	OPEN GYM	OPEN GYM
6:30	OPEN GYM	OPEN GYM							
7:00									
7:30				OPEN GYM	SENIOR VOLLEYBALL				
8:00									
8:30	FITNESS Boost			Silver Sneakers			FITNESS Boost		
9:00	PICKLEBALL	PICKLEBALL		Etude PE		PRESCHOOL			
10:00	"	"					Rehab Group		
10:30	"	"							
11:00									
11:30	ADULT BB					ADULT BB		OPEN GYM	
12:00			OPEN GYM	OPEN GYM	OPEN GYM				
12:30									
1:00									
1:30									
2:00	OPEN GYM					OPEN GYM	OPEN GYM		
2:30		OPEN GYM							
3:00									
3:30									
4:00		YDC		YDC			YDC		
4:30	B&G Club Boot Camp	Basketball Practice					B&G Club		
5:00			MTYMITE Basketball						
5:30		Y-Member OPEN GYM		Y-Member OPEN GYM	MTYMITE Dodgeball			Y-Member OPEN GYM	PEEWEE SPORTS
6:00									
6:30	WOMEN'S VOLLEYBALL LEAGUE		ZUMBA		REMIX Fitness Cl.	PEE WEE	O Mens P V-Ball E Lg. N "		B-ball Practice
7:00						B-ball Practice			
7:30					Badminton 1/2 Gym				
8:00				Y-Member OPEN GYM				Badminton 1/2 Gym	
8:30			OPEN GYM					"	
9:00							OPEN GYM		
9:30									
10:00									

Legend  
 SS= Silver Sneakers  
 BB= Basketball  
 Gym schedule is subject to change. Please call the desk to

\*\*\* Please see the YMCA brochure for more details and specific times for classes \*\*\*



# SHEBOYGAN YMCA GYM SCHEDULE

January 7, 2019 - February 23, 2019

	THURSDAY			FRIDAY			SATURDAY		
	<i>Main</i>	<i>East</i>	<i>Muth</i>	<i>Main</i>	<i>East</i>	<i>Muth</i>	<i>Main</i>	<i>East</i>	<i>Muth</i>
6:00				ADULT BB			CLOSED	CLOSED	CLOSED
6:30	ADULT BB						Y-Member OPEN GYM	Y-Member OPEN GYM	
7:00				OPEN	OPEN GYM	CLOSED			
7:30		SENIOR VOLLEYBALL					YOUTH BASKETBALL	YOUTH BASKETBALL	YOUTH BASKETBALL
8:00	Silver Sneakers	"		FITNESS Boost			"	"	"
8:30	Etude PE	YDC		PICKLEBALL	Pickelball		"	"	"
9:00		"		"	"		"	"	"
9:30		"	OPEN GYM	"	"	OPEN GYM	"	"	"
10:00				ADULT BB	Y-Member OPEN GYM		Y-Member OPEN GYM	Y-Member OPEN GYM	Y-Member OPEN GYM
10:30									
11:00						HOME SCHOOL			
11:30	OPEN GYM								
12:00		OPEN GYM							
12:30									
1:00									
1:30									
2:00	Etude PE								
2:30									
3:00									
3:30									
4:00		YDC	PRESCHOOL		YDC	B&G Club			
4:30	Youth Volleyball								
5:00						FRIDAY FUN CLUB			
5:30				OPEN GYM	Y-Member OPEN GYM		<b>Open Gym FOR BASKETBALL Most Sundays (Y-Members Only)</b>  <b>Sunday Morning Gym Rentals</b>		
6:00									
6:30	CO-ED VOLLEYBALL	CO-ED VOLLEYBALL	CO-ED VOLLEYBALL						
7:00	LEAGUE	LEAGUE	LEAGUE						
7:30	"	"	"	Badminton					
8:00	"	"	"	1/2 Gym					
8:30	"	"	"						
9:00	"	"	"						
9:30	"	"	"	CLOSED	CLOSED	CLOSED			
10:00									

Legend  
 SS= Silver Sneakers  
 BB= Basketball

All gyms closed Fri. afternoon - Sun. night Feb. 1 - 3 (Gymnastics Meet), and Main Gym Closed Fri./Sat. Feb. 22-23 (Pancake Days)

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