



Sheboygan YMCA – Gym Schedule March 9 – April 9 , 2025(Spring 1 revised)



Lohmann Gym

Monday

Open Gym 5am-8:15am
 Silver Sneakers 8:20am-9:30am
 Open Pickleball 9:30am-11:30am
 Open Gym/Pb 11:30am-3pm
 Open Gym 3pm-5:30pm
 Women's Volleyball 5:30pm-9pm

Tuesday

Open Gym 5am-8:15am
 Silver Sneakers 8:20am-9:30am
 Open Gym 9:30am-8:55pm

Wednesday

Open Gym 5am-8:15am
 Silver Sneakers 8:20am-9:40am
 Warriner MS 9:45am – 10:45am
 Adult Bball/open 10:45am – 1pm
 Open Gym 1pm-8:55pm

Thursday

Open Gym 5am-8:15am
 Silver Sneakers 8:20am-9:45am
 Open/Adv.PB 9:45am-3pm
 Open Gym 3pm-5:30pm
 Coed Volleyball 5:30pm-9pm

Friday

Open Gym 5am-8:15am
 Silver Sneakers 8:30am-9:30am
 Pickleball 9:30am-11:30am
 Open gym/PB 11:30am – 12:30pm
 Open Gym 12:30pm-8:55p
 YDC ½ 4-5pm

Saturday

Open Gym 7am-4:55pm

Sunday – 7am-3:55pm Open Gym

***Gym schedule is subject to change**

East Gym

Monday

Open Gym 5am-9am
 Open Pickle ball 9am-11:30am
 PB LITE/open gym 11:30-1pm
 Reach Fwd Group 1-2pm
 Open gym/Adv. 2pm-3:30pm
 B&G Club 3:30pm-4:30pm
 Youth classes 5pm-6:45pm
 Open Gym 6:45pm -8:55pm

Tuesday

Open Gym 5am-7:30am
 Adult Volleyball 7:30am-10:30am
 Advanced Pb 10:30am-12pm
 Pickle ball 12pm-3:00pm
 Open gym 3:00pm-4:30pm
 Pee wee classes 4:30-6pm
 Pb res/badm. 6:30pm-8:45pm

Wednesday

Open Gym 5am-8am
 Pickleball Lite 8am-9:40am
 Warriner MS PE 9:45am-10:45am
 Adv PB/Opn gym 10:45am-12:30pm
 Pickleball 12:30pm-3pm
 B&G Club 4:15pm-5pm
 Mighty Mite Soccer 5-6pm
 Open Youth Gym 5:30pm-8:55pm

Thursday

Open Gym 5am-7:30am
 Adult Volleyball 7:30am-10am
 Pickleball 10:30am-1pm
 Reach Fwd Group 1pm-2pm
 Open Youth Gym 2pm-5:30pm
 Coed Volleyball 5:30pm-9pm

Friday

Pickleball 9am-11:30pm
 PB lite 11:30-1:30
 Open Gym/Adv PB 1:30pm-3:30pm
 B&G Club 3:30pm-4:30pm
 Open Youth Gym 4:30pm-6pm
 PB res/Badmin 6pm-8:45pm

Saturday

Open 12-3pm, PB reservations 3:30-4:45pm

Sunday – 7:30am-3pm Pb reservation/badminton

Muth Gym

Monday

Open Gym 5am-9:15am
 Fit Flow 9:30am-10:30am
 YDC 10:30am-11:30am
 Open 11:30-4pm
 YDC 4pm-5pm
 Adv. Core Strength 5:30-6:30pm
 Open Family Gym 6:30pm-8:55pm

Tuesday

Bootcamp 5:45-6:45am
 Strength & Pilates 8am-9am
 YDC 9:15am-11:15am
 Bootcamp 12:10-12:55pm
 YDC 3:30pm-4:30pm
 Bootcamp 5:30-6:15pm
 Open family gym 6:30-8:55pm

Wednesday

Warriner MS PE 9:45-10:45am
 YDC 10:45am-11:30am
 St.Pauls MS 12:30pm-2pm
 YDC 3:30pm-5pm
 Adv. Core Strength 5:30-6:30pm
 Open Gym 6:30-8:55pm

Thursday

Ultimate Bootcamp 5:45am-6:45am
 Strength & Pilates 8am-9am
 YDC 9:15am-11:15am
 Bootcamp 12:10pm-12:55pm
 YDC 3:30-4:45pm
 Vball skills 4:30pm-5:15pm
 Coed Volleyball 5:30-9pm

Friday

Open Gym 5-9:15am
 YDC 9:15-11:15am
 Open Gym 11:15am-1:30pm
 Home School PE 1:30-2:30pm
 Open Gym 2:30-4pm
 Open Family Gym 5pm-8:55pm

Saturday

Advanced Core Str. 8:30am-9:30am