



Sheboygan YMCA – Gym Schedule April 20 – June 2 , 2025(Spring 2)



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
Change acd/open 10:45am – 11:30am
Open Gym 11:30am-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-4pm
Youth classes 4pm-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-5:45pm
Volleyball clinics 5:45pm-7:30pm
Pb reservations 7:30-8:45pm

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 Tennis 5-6pm
Open Youth Gym 6pm-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-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

Open Gym 5am-9:15am
YDC 9:15am-11:15am
Open 11:15am-3:30pm
YDC 3:30pm-4:30pm
Pee Wee Classes 4:30-6pm
Open family gym 6-8:55pm

Wednesday

Warriner MS PE 9:45-10:45am
YDC 10:45am-11:30am
Open Gym 11:30am-3:30pm
YDC 3:30pm-5pm
Adv. Core Strength 5:30-6:30pm
Bball practice 6:35-7:35pm

Thursday

Ultimate Bootcamp 5:45am-6:45am
Strength & Pilates 8am-9am
YDC 9:15am-11:15am
Open Gym 11:15am-3:30pm
YDC 3:30-4:30pm
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
Sports hour 4-5pm
Open Family Gym 5pm-8:55pm

Saturday

Advanced Core Str. 8:30am-9:30am
Bday parties/rentals

Sunday

bday parties/rentals