



**Sheboygan YMCA – Gym Schedule(class break weeks)
May 31 – June 6, 2026**



Lohmann Gym

Monday

Open Gym 5am-8:15am
Silver Sneakers 8:20am-9:30am
Open Gym 9:30am-11:30am
Open Gym 11:30am-8:55pm

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-9:30am
Open Gym 9:30am-8:55pm

Thursday

Open Gym 5am-8:15am
Silver Sneakers 8:20am-9:50am
Open Gym 9:50am-8:55pm

Friday

Open Gym 5am-8:15am
Silver Sneakers 8:30am-9:30am
Open Gym 9:30am-11:30am
Open Gym 11:30am – 7:55pm

Saturday

Open Gym 7am-2:55pm

Sunday

Open Gym 7am-1:55pm

East Gym

Monday

Open Gym 5am-9am
Open Gym 9am-1pm
Reach Fwd Group 1-2pm
Open youth Gym 2pm-8:55pm

Tuesday

Open Gym 5am-7:30am
Adult Volleyball 7:30am-10:30am
Open Youth Gym 10:30am-7:30pm

Wednesday

Open Gym 5am-8am
Open Youth Gym 8am-8:55pm

Thursday

Open Gym 5am-7:30am
Adult Volleyball 7:30am-10:30am
Reach Fwd Group 1pm-2pm
Open Youth Gym 2pm-8:55pm

Friday

Open Gym 5am-12pm
Open Youth Gym 12:00pm-8:55pm

Saturday

Open Youth gym 7am-3:55pm

Sunday

Open Youth Gym 7am-2:55pm

Muth Gym

Monday

Open Gym 5am-9:15am
YDC 9:15am-11:15am
Open family Gym 11:15am-3:30pm
YDC 3:30pm-5pm
Mighty Mites 5-6pm
Open Family Gym 6pm-8:55pm

Tuesday

Open Gym 5-9:15am
YDC 9:15am-11:15am
Open Gym 11:15am-4pm
YDC 4pm-5:30pm
Open Family Gym 5:30pm-8:55pm

Wednesday

Open Gym 5-9:15am
YDC 9:15am-11:30am
Open family Gym 11:30pm-4pm
YDC 4pm-5:30pm
Open Family Gym 5:30-8:55pm

Thursday

Open Gym 5am-9:15am
YDC 9:15am-11:15am
Open family Gym 11:15pm-4pm
YDC 4-5:30pm

Friday

Open Gym 5-9:15am
YDC 9:15-11:15am
Open Family Gym 11:15am-3:30pm
YDC 3:30-5:30pm
Open Family Gym 3:30pm-7:55pm

Saturday

Open Gym(rentals/youth/family)7am-3:55pm
Sunday –(rentals/youth/family) 7am-2:55pm

Gym Schedule is subject to change