



Sheboygan YMCA – Gym Schedule
May 31 – June 18, 2022



Lohmann Gym

Monday

Closed (Painting)

Tuesday

Closed (Painting)

Wednesday

Closed (Painting)

Thursday

Closed (Painting)

Friday

Closed (Painting)

Saturday

Open Gym (Y-members 7am-3:55pm)

Open Gym (Non-members 1-3:55pm)

Sunday – Closed for the season

**Gym Schedule is subject to change
 Depending on weather,
 programs, events, etc.**

East Gym

Monday

Open Gym 5-8:15am
 Silver Sneakers 8:20-9:40am
 Open Gym 9:40am-1:30pm
 B&G Club 1:30-2:30pm
 Open Gym 2:30-8:55pm

Tuesday

Open Gym 5-7:30am
 Silver Sneakers 8:20-9:40am
 Adult Volleyball 9:40-11am
 Open Gym 11am-6:15pm
 Open Gym/Badminton 6:30-8:55pm

Wednesday

Open Gym 5-8:20am
 Silver Sneakers 8:20-9:40am
 Open Gym 9:40am-8:55pm

Thursday

Open Gym 5-8:20am
 Silver Sneakers 8:20-9:40am
 Adult Volleyball 9:40-11am
 Open Gym 11am-1pm
 Reach Fwd Group 1-2pm
 Open Gym 2-8:55pm

Friday

Open Gym 5-8:20am
 Silver Sneakers 8:20-9:40am
 Open Gym 9:40am-8:55pm

Saturday

Open Gym 7am-3:55pm (Y-Members)
 Open Gym 1-3:55pm (Non-Members)

Sunday – Closed for the season

Muth Gym

Monday

Open Gym 5-7am
 YDC 7am-5pm
 MightyMite Basketball 5-6pm
 Open Gym 6-8:55pm

Tuesday

Open Gym 5-7am
 Adult Volleyball 7-10am
 YDC 10am-5pm
 PeeWee T-Ball 5-6pm
 Open Gym 6-8:55pm

Wednesday

Open Gym 5-7:30am
 YDC 7:30am-5pm
 Open Gym 5-8:55pm

Thursday

Open Gym 5-7am
 Adult Volleyball 7-10am
 YDC 10-4:30pm
 Yth T-Ball 4:30-5:30pm
 Open Gym 5:30-8:55pm

Friday

Open Gym 5-7am
 YDC 7am-5pm
 Open Gym 5-8:55pm

Saturday

Open Gym 7am-4:55pm (Members)
 Open Gym 1-4:55pm (Non-Members)

Sunday

Closed for the season