



# GYM SCHEDULE

WATTS FAMILY MARYVALE YMCA  
April 2019

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

1	Schedule is Subject to Change	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY				
		WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST			
3	5:30AM-6AM	FACILITY CLOSED		Open Gym (5:30am-8:30am)		Open Gym (5:30am-8:30am)		Open Gym (5:30am-8:30am)		Open Gym (5:30am-8:30am)		Open Gym (5:30am-9:00am)		Facility Closed				
4	6AM-7AM																	
5	7AM-8AM																	
6	8AM-9AM																	
7	9AM-10AM			PE 8:30-11:30	Open gym	PE 8:30-11:30	Circuit Training (9am-10am)	PE 8:30-11:30	Open gym	PE 8:30-11:30	Open gym	PE 8:30-11:30	Open gym			Yoga (9:00am-10:00am)		No Open Gym 8am-2pm
8	10AM-11AM						Open gym									Open gym	Open gym	
9	11AM-12PM			Open Gym 11:30am-4:30pm	Open Gym 11:30-4:30	Open Gym 11:30am-6pm		Open Gym 11:30am-3pm	Open Gym 12:15pm-5:30pm	Open Gym 12:15pm-5:30pm	Open Gym 2pm-4pm							
10	12PM-1PM																	
11	1PM-2PM																	
12	2PM-3PM																	
13	3PM-4PM	Sports Practice 4:30pm-6pm no open gym		Sports Practice 4:30pm-6pm no open gym		Sports Practice 3pm-6pm no open gym		Sports Practice 3pm-6pm no open gym		Sports Practice 3pm-6pm no open gym		Facility Closed						
14	4PM-5PM	Open gym 6pm-7pm		Sports 6pm-7pm no open gym	ELSC 6:30-7:30 No open gym	Sports Practice 6pm-8pm no open gym		Open Gym 6pm-7pm	Sports Practice 6pm-9pm	Facility Closed		Facility Closed						
15	5PM-6PM	Open Gym 7pm-9pm	Open Volleyball (7pm-8:45pm)	Open gym 7pm-8pm	Open gym 7:30-8pm	Open Gym	Open Gym	Open Volleyball (7pm-8:45pm)										
16	6PM-7PM																	
17	7PM-8PM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Facility Closed						
18	8pm-9pm	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Facility Closed						
19		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Facility Closed						
20		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Facility Closed						
21		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Facility Closed						
22	Schedule Subject to Change	Effective 4/1/19		PLEASE REMEMBER - ABSOLUTELY NO FOOD OR DRINKS IN THE GYM. (Except bottled water)														