



DODGE YMCA Gymnasium Schedule

Session 191 Effective Through February 24th

COURT	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
	A	B	A	B	A	B	A	B	A	B	A	B	A	B		
M o r n i n g	Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-9:15am		Adult Open Gym 6:00am-7:45am		Adult Open Gym 7:00am-10:00am			
	Toddler Time 9:00am-9:45am		Total Body Conditioning 9:00am-10:00am		Toddler Time 9:00am-9:45am		Total Body Conditioning 9:00am-10:00am		Grit Cardio 9:30am-10:00am		Les Mills BodyPump™ 8:00am-9:00am		Toddler Time 10AM-12PM			
	Early Childhood 10:00am-10:45am		Early Childhood 10:00am-10:45am		Early Childhood 9:45am-11:45am		Family Open Gym 10:00am-10:45am		CxWorx 10:05am-10:35am		Grit Cardio 9:10am-9:40am		Family Open Gym 12:00pm-1:00pm			
A f t e r n o o n	Rumble Tumble Xtreme 11:00am-11:45am		Family Open Gym 10:45am-12:00pm	Early Childhood 11:00am-11:45am	Adult Open Gym 12:00pm-3:30pm		AOA Cardio Cond. 10:55am-11:55am		Early Childhood 11:00am-11:45am		NEW! Rumble Tumble 10-10:45AM Family Open Gym 11am-3pm		Teen Open Gym 1:00pm-3:30pm			
	Adult Open Gym 12:00pm-3:30pm		Adult Open Gym 12:00pm-1:00pm				Adult Open Gym 12:00pm-1:00pm		Mary McDowell Friends School 1:00pm-2:30pm		Adult Open Gym 12:00pm-3:30pm		Birthday Parties 3:30pm-6:00pm Open Gym 3:30pm-6:00pm		Birthday Parties 3:30pm-6:00pm Open Gym 3:30pm-5:45pm	
			Adult Open Gym 2:30pm-3:30pm				Adult Open Gym 2:30pm-3:30pm		Adult Open Gym 2:30pm-3:30pm		Adult Open Gym 2:30pm-3:30pm					
	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:45pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:15pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:15pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:15pm	Youth Sports 3:30pm-4:15pm	Teen Open Gym 3:30pm-5:45pm	Adult Volleyball 6:00pm-7:45pm		Adult Volleyball 6:00pm-7:45pm			
Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm		Youth Sports 4:30pm-5:15pm								
Total Body Conditioning 6:00pm-7:00pm		Teen Open Gym 5:15pm-7:25pm	Privates 5:15pm-7:25pm	Teen Open Gym 5:15pm-6:15pm	Privates 5:15pm-7:25pm	Teen Open Gym 5:15pm-6:15pm	Privates 5:15pm-7:25pm	Les Mills BodyPump™ 6:00pm-6:45pm		Adult Open Gym 6:00pm-7:45pm		Facility Closed 8:00pm				
Les Mills BodyPump™ 7:00pm-8:00pm		Adult Basketball 7:30pm-10:45pm		Les Mills BodyPump™ 6:30pm-7:30pm		Teen Open Gym 6:30pm-8:00pm		Adult Basketball 7:30pm-10:45pm		Facility Closed 8:00pm						
Adult Soccer 8:15pm-10:45pm				Adult Volleyball 7:45pm-10:45pm		Adult Soccer 8:15pm-10:45pm										

KEY: HEALTHY LIFESTYLES TEENS PICK-UP ADULT YOUTH & FAMILY *Note: Schedule is subject to change

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