

















# GYM A Schedule - FALL 2019 (Effective 8/26)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYM CLOSED	GYM CLOSED
6:00 AM	<b>6:00 – 9:45 AM</b> Full-Court Basketball 	<b>6:00 – 9:15 AM</b> Full-Court Basketball 	<b>6:00 – 9:45 AM</b> Full-Court Basketball 	<b>6:00 – 9:15 AM</b> Full-Court Basketball 	<b>6:00 – 9:45 AM</b> Full-Court Basketball 		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM							
9:00 AM	<b>9:45 AM – 2:00 PM</b> Open Gym	<b>9:15 – 3:45 PM</b> Open Gym	<b>9:45 AM – 2:00 PM</b> Open Gym	<b>9:15 AM – 3:30 PM</b> Open Gym	<b>9:45 AM – 4:00 PM</b> Open Gym	<b>9:30 – 10:30 AM</b> Open Gym	<b>9:30 – 11:30 AM</b> Handball
10:00 AM						<b>10:30 AM – 12:00 PM</b> Instructional Basketball	
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM						<b>2:00 – 6:00 PM</b> Paddle Ball 	<b>3:45 – 5 PM</b> WIHS Y Games Full Court
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	<b>6:00 – 7:00 PM</b> Train Like An Athlete (Full Court)	<b>7:00 – 11:00 PM</b> Full-Court Basketball 	<b>6:00 – 9:00 PM</b> Open Gym	<b>6:00 – 9:00 PM</b> Paddle Ball/ Handball 	<b>6:00 – 9:00 PM</b> Teen Center Full Court	<b>6:00 – 8:00 PM</b> Half-Court Basketball 	<b>5:30 – 7:00 PM</b> Open Gym
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM	<b>7:30 – 11:00 PM</b> Paddle Ball/ Handball 	<b>9:00 – 11:00 PM</b> Full-Court Basketball 	<b>9:00 – 11:00 PM</b> Half-Court Basketball 	<b>9:00 – 11:00 PM</b> Open Gym	<b>9:00 – 11:00 PM</b> Open Gym	<b>GYM CLOSED</b> <b>GYM CLOSED</b>	
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM	<ul style="list-style-type: none"> <li>• BASKETBALL </li> <li>• PADDLE BALL </li> <li>• SCHOOL PROGRAMS</li> <li>• Y AFTERSCHOOL</li> <li>• YOUTH &amp; TEEN PROGRAMS</li> <li>• BIRTHDAY PARTIES</li> <li>• GROUP EXERCISE CLASSES</li> </ul>						
9:30 PM							
10:00 PM							
10:30 PM							
11:00 PM							
11:00 PM							

Gym schedule subject to change without notice



# GYM B Schedule - FALL 2019 (Effective 9/3)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY					
5:30 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYM CLOSED	GYM CLOSED					
6:00 AM	6:00 – 9:45 AM Full-Court Basketball 	6:00 – 9:15 AM Full-Court Basketball 	6:00 – 9:45 AM Full-Court Basketball 	6:00 – 9:15 AM Full-Court Basketball 	6:00 – 9:45 AM Full-Court Basketball 			7:00 – 9:45 AM Open Gym 	7:00 – 9:30 AM Full-Court Basketball 			
6:30 AM												
7:00 AM												
7:30 AM												
8:00 AM												
8:30 AM	9:45 – 11:00 AM Ready, Set, Math & Read	9:15 AM – 11:00 AM Early Learners Program	9:45 – 11:00 AM Ready, Set, Science	9:15 AM – 11:00 AM Early Learners Program	9:45 – 11:00 AM Ready, Set, Math & Read	9:45 AM – 12:30 PM Youth Gymnastics	9:30 – 11:30 AM Half-Court Basketball 					
9:00 AM												
9:30 AM												
10:00 AM												
10:30 AM												
11:00 AM	11:00 AM – 2:30 PM Open Gym 	11:15 AM – 12:00 PM Harvest Collegiate PE	11:15 AM – 12:00 PM Harvest Collegiate PE	11:15 AM – 12:00 PM Harvest Collegiate PE	11:15 AM – 12:00 PM Harvest Collegiate PE	12:30 – 5:30 PM Birthday Parties 	11:30 AM – 12:30 PM Redeemer Church					
11:30 AM		12:00 – 3:00 PM Open Gym 	12:00 – 1:00 PM Open Gym 	12:00 – 3:00 PM Open Gym 	12:00 – 3:15 PM Open Gym 			12:30 – 2:30 PM Birthday Party				
12:00 PM												
12:30 PM												
1:00 PM												
1:30 PM	2:30 – 3:30 PM Y Afterschool					3:00 – 3:45 PM Y Afterschool	1:00 – 3:00 PM Winston Prep Basketball		3 – 3:30 PM Y Afterschool	3:15 – 4:00 PM PS 41 Gym & Swim	Family Time Set-Up	
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM		3:30 – 6:00 PM Instructional Basketball	3:45 – 5:00 PM WIHS Y-Games Full Court	3:00 PM – 5:00 PM Y Afterschool	3:30 – 6:00 PM Youth Tumbling			4:00 – 6:00 PM Instructional Basketball Full Court				3:00 – 4:30 PM Family Time
4:00 PM												
4:30 PM												
5:00 PM												
5:30 PM	Interval Training Set-up					6:00 – 7:00 PM Train Like An Athlete (Full Court)	5:00 PM – 7:30 PM Youth Programs		6:00 – 7:00 PM Circuit Training	6:00 – 9:00 PM Teen Center Full Court	Family Time Break-Down	
6:00 PM												
6:30 PM												
7:00 PM												
7:30 PM		7:30 – 11:00 PM Half-Court Basketball 	7:00 – 11:00 PM Full-Court Basketball 	7:30 – 9:30 PM Open Gym 	7:00 – 11:00 PM Volleyball 			9:00 – 11:00 PM Open Gym				5:00 – 7:00 PM Family Basketball 
8:00 PM												
8:30 PM												
9:00 PM												
9:30 PM												
10:00 PM	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	GYM CLOSED	5:30 – 8:00 PM Open Gym 						
10:30 PM												
11:00 PM												
												Available boxing times for speed and heavy bag use. <ul style="list-style-type: none"> <li>• BASKETBALL </li> <li>• SCHOOL PROGRAMS</li> <li>• Y AFTERSCHOOL</li> <li>• YOUTH &amp; TEEN PROGRAMS</li> <li>• FAMILY TIME</li> <li>• BIRTHDAY PARTIES</li> <li>• GROUP EXERCISE CLASSES</li> </ul>

Gym schedule subject to change without notice