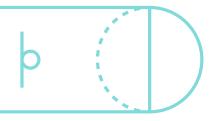
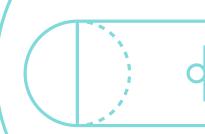
# RULETHECOURT







# GYMNASIUM SCHEDULE NOVEMBER 2025

## **MONDAY**

# 5:30am-6:30am **OPEN GYM\***

YMCA Group Fit Class may use the Gym due to inclement weather outside

# 6:30am-8:45am **OPEN GYM**

8:45am-10:00am YMCA GROUP FIT CLASS

## 10:00am-10:20am **OPEN GYM**

10:20am-1:15pm PICKLEBALL

1:15pm-5:15pm **OPEN GYM** 

5:15pm-6:30pm YMCA GROUP FIT CLASS

# 6:30pm-9:45pm **OPEN GYM**

Full Court use permitted after 7 PM if space allows

## TUESDAY

## 5:30am-6:30am **OPEN GYM\***

YMCA Group Fit Class may use the Gym due to inclement weather outside

## 6:30am-10:00am **OPEN GYM**

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## 10:00am-11:00am **HALF GYM\***

YMCA Youth Program will use half Gym for Homeschool P.E.

# 11:00am-11:45am **OPEN GYM**

# 11:45am-2:00pm **HALF GYM\***

YMCA Small Group Personal Training will use ont half of the Gymnasiun

## 3:30pm-5:00pm -- NAVY --FIRST TUESDAY

# 5:00pm-9:45pm **OPEN GYM**

Full Court use permitted after 7 PM if space allows

## WEDNESDAY

## 5:30am-6:30am YMCA GROUP

GROUP FITNESS CLASS

# 6:30am-8:45am **OPEN GYM**

8:45am-10:00am YMCA GROUP FIT CLASS

## 10:00am-10:20am **OPEN GYM**

10:20am-1:15pm **PICKLEBALL** 

1:15pm-7:00pm **OPEN GYM** 

7:00pm-9:00pm **GYM CLOSED** 

9:00pm-9:45pm **OPEN GYM** 

## **THURSDAY**

# 5:30am-6:30am **OPEN GYM\***

YMCA Group Fit Class may use the Gym due to inclement weather outside

# 6:30am-10:00am **OPEN GYM**

## 10:00am-11:00am **HALF GYM\***

YMCA Youth Program will use half Gym for Homeschool P.E.

## 11:00am-11:45am **OPEN GYM**

## 11:45am-1:15pm **HALF GYM\***

YMCA Small Group Personal Training will use front half of the Gymnasiur

## 1:15pm-5:15pm **OPEN GYM**

5:15pm-6:30pm YMCA GROUP FIT CLASS

6:30pm-9:45pm **OPEN GYM** 

## **FRIDAY**

5:30am-6:30am YMCA GROUP FITNESS CLASS

# 6:30am-8:00am **OPEN GYM**

8:00am-10:15am YMCA GROUP FIT CLASS

# 10:20am-1:15pm **PICKLEBALL**

1:15pm-9:45pm

OPEN GYM

Full Court use

#### Full Court use permitted after 7 PM if space allows

SATURDAY SUNDAY

1:00pm-5:45pm

OPEN GYM Full Court use

permitted after 4 PM

if space allows

# 7:00am-8:45am **OPEN GYM**

8:45am-11:00am YMCA YOUTH SPORTS PROGRAMS

## 11:00am-5:45pm **OPEN GYM**

Full Court use permitted after 4 PM if space allows

#### - OPEN GYM REGULATIONS -

All members under 8 years old must be actively supervised by an adult present in the gym. Gym is to be shared amongst all users for basketball or open play. Full court play is only available as indicated on the schedule. Please follow all rules as poste.

## - YMCA PROGRAMS -

Times are reserved for scheduled YMCA programs or rentals. The Y reserves the right to use the gym for Y programs or events with or without notice, although we strive to provide advanced notice.



# **PILOT FAMILY YMCA**

A branch of the YMCA of East Tennessee