

RULE THE COURT



GYMNASIUM SCHEDULE NOVEMBER 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:30am OPEN GYM* ----- YMCA Group Fit Class may use the Gym due to inclement weather outside	5:30am-6:30am OPEN GYM* ----- YMCA Group Fit Class may use the Gym due to inclement weather outside	5:30am-6:30am YMCA GROUP FITNESS CLASS	5:30am-6:30am OPEN GYM* ----- YMCA Group Fit Class may use the Gym due to inclement weather outside	5:30am-6:30am YMCA GROUP FITNESS CLASS	7:00am-8:45am OPEN GYM	1:00pm-5:45pm OPEN GYM Full Court use permitted after 4 PM if space allows
6:30am-8:45am OPEN GYM	6:30am-10:00am OPEN GYM	6:30am-8:45am OPEN GYM	6:30am-10:00am OPEN GYM	6:30am-8:00am OPEN GYM	8:45am-11:00am YMCA YOUTH SPORTS PROGRAMS	
8:45am-10:00am YMCA GROUP FIT CLASS	10:00am-11:00am HALF GYM* ----- YMCA Youth Program will use half Gym for Homeschool P.E.	8:45am-10:00am YMCA GROUP FIT CLASS	10:00am-11:00am HALF GYM* ----- YMCA Youth Program will use half Gym for Homeschool P.E.	8:00am-10:15am YMCA GROUP FIT CLASS	11:00am-5:45pm OPEN GYM Full Court use permitted after 4 PM if space allows	
10:00am-10:20am OPEN GYM	11:00am-11:45am OPEN GYM	10:00am-10:20am OPEN GYM	11:00am-11:45am OPEN GYM	10:20am-1:15pm PICKLEBALL	- 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 posted. - YMCA PROGRAMS - OR OUTSIDE GROUP USAGE 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.	
10:20am-1:15pm PICKLEBALL	11:45am-2:00pm HALF GYM* ----- YMCA Small Group Personal Training will use front half of the Gymnasium	10:20am-1:15pm PICKLEBALL	11:45am-1:15pm HALF GYM* ----- YMCA Small Group Personal Training will use front half of the Gymnasium	1:15pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows		
1:15pm-5:15pm OPEN GYM	3:30pm-5:00pm -- NAVY -- FIRST TUESDAY	1:15pm-7:00pm OPEN GYM	1:15pm-5:15pm OPEN GYM			
5:15pm-6:30pm YMCA GROUP FIT CLASS	5:00pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows	7:00pm-9:00pm GYM CLOSED	5:15pm-6:30pm YMCA GROUP FIT CLASS			
6:30pm-9:45pm OPEN GYM Full Court use permitted after 7 PM if space allows		9:00pm-9:45pm OPEN GYM	6:30pm-9:45pm OPEN GYM			



PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee