

RULE THE COURT



GYMNASIUM SCHEDULE AUGUST 2026

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

10:30am-1:15pm
PICKLEBALL
Two Courts until 12pm
One Court 12pm-1pm
12:00pm-1:00pm
SGT CLASS
Front Half of Gymnasium

1:15pm-5:15pm
OPEN GYM

5:15pm-6:40pm
**YMCA GROUP
FIT CLASS**

6:45pm-9:45pm
OPEN GYM
Full Court use
permitted after 7 PM

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

10:00am-11:45am
GYM CLOSED
--AS NEEDED--
YMCA Program
MAY use full court or half
court as needed.

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

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

2:00pm-5:00pm
OPEN GYM

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
FITNESS
CLASS**

6:30am-8:45am
OPEN GYM

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

10:00am-10:20am
OPEN GYM

10:30am-1:15pm
PICKLEBALL
Two Courts until 12pm
One Court 12pm-1pm
12:00pm-1:00pm
SGT CLASS
Front Half of Gymnasium

1:15pm-7:00pm
OPEN GYM

7:00pm-9:00pm
LMU STUDENTS

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-11:45am
GYM CLOSED
--AS NEEDED--
YMCA Program
MAY use full court or half
court as needed.

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

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

1:15pm-5:15pm
OPEN GYM

5:15pm-6:40pm
**YMCA
GROUP FIT
CLASS**

6:45pm-9:45pm
OPEN GYM
Full Court use
permitted after 7 PM
if space allows

FRIDAY

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

6:30am-8:00am
OPEN GYM

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

10:30am-1:15pm
PICKLEBALL

1:15pm-9:45pm
OPEN GYM
Full Court use
permitted after 7 PM
if space allows

SATURDAY

7:00am-5:45pm
OPEN GYM
Full Court use
permitted after 4 PM
if space allows

SUNDAY

1:00pm-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 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.



PILOT FAMILY YMCA

A branch of the YMCA of East Tennessee