RULE THE COURT

GYMNASIUM SCHEDULE
NOVEMBER 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**
- 1:15pm–5:15pm **OPEN GYM**
- 5:20pm–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–9:00am **OPEN GYM**
- 9:00am–11:45am **YMCA HOME SCHOOL PE** 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**
- 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**
- 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**
- 9:00am–11:45am **YMCA HOME SCHOOL PE** YMCA Program MAY use full court or half court as needed.
- 12:00pm–5:15pm **OPEN GYM**
- 5:20pm–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–8:45am **OPEN GYM**
- 8:45am–11:00am **YMCA YOUTH B-BALL CLASS**
- 11:00am–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 poste.

– 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