
















Downtown YMCA * Gymnasium Schedule August 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:00 AM	Aerobics											
6:30 AM												
7:00 AM	6:00-7:00											
7:30 AM												
8:00 AM												
8:30 AM	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics	Taekwon Do 9:00am						
9:00 AM												
9:30 AM												
10:00 AM												
10:30 AM								8:30-10:30				
11:00 AM								8:30-11:00				
11:30 AM												
12:00 PM												
12:30 PM								8:30-12:30		8:30-12:30		
1:00 PM								Adult B-ball	Adult B-ball			Adult B-ball
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM	12:45 - 3:00	12:45 - 3:00	12:45 - 3:00	12:45 - 3:00								
3:30 PM												
4:00 PM			Kids Zumba	Youth B-ball								
4:30 PM												
5:30 PM	Aerobics		Aerobics	Aerobics								
6:00 PM			Aerobics/ Taekwon Do									
6:30 PM	5:30-7:30	5:30-6:30	5:30-6:30	5:30-6:30								
7:00 PM												
7:30 PM							Volley Ball					
8:00 PM												
8:30 PM												
9:00 PM						7:00-9:00						
9:30 PM	7:30-9:00											
9:45 PM												

■ Open Gym
 (No full court Basketball)

* Open Gym subject to YMCA Programs and is for all ages

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