



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

MAPLE STREET YMCA October 16-December 10, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:00A	TRX	TWL	TRX	TWL	TRX			
5:30A	↓	↓	↓	↓	↓			
6:00A	↓	↓	↓	↓	↓			
6:30A	↓	↓	↓	↓	↓			
7:00A	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			Closed
7:30A	↓	↓	↓	↓	↓			
8:00A	↓	↓	↓	↓	↓			
8:30A	↓	↓	↓	↓	↓			
9:00A	S. Sneakers	Body Vive	S. Sneakers		S. Sneakers			
9:30A	↓	↓	↓	↓	↓			
10:00A	↓	↓	↓	↓	↓			
10:30A	↓	↓	↓	↓	↓			
11:00A	Open Gym	Open Gym	Open Gym		Open Gym		Closed	
11:30A							↓	
12:00P								
12:30P								
1:00P								
1:30P						↓		
2:00P						Open Gym		
2:30P						↓		
3:00P						↓		
3:30P						↓		
4:00P						↓		
4:30P	↓	↓	↓	↓	↓	↓	↓	
5:00P		Just Ropes		Just Ropes				
5:30P	Bball (1/2)	TWL	Bball	TWL	Bball			
6:00P		↓		↓				
6:30P		Family Fitness		Family Fitness				
7:00P		↓		↓				
7:30P		↓		↓				
8:00P		Open Gym		Open Gym				
8:30P	↓	↓	↓	↓	↓			
9:00P								
9:30P								

* Gym may be used by SFC due to rainy days from 7:00A to 6:00P

* Gym may be reserved for other programs as needed. When applicable, we will post notice at the front desk.

