



PENINSULA FAMILY YMCA GYM SCHEDULE Nov 1st - Jan 1st

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST
5:30	GROUP								GROUP					
6:00	FITNESS	OPEN	OPEN	OPEN	OPEN		OPEN	OPEN	FITNESS					
6:30	5:30-7:00	GYM /REC	GYM /REC	GYM /REC	GYM /REC		GYM /REC	GYM /REC	5:30-7:00	OPEN				
7:00	OPEN					OPEN			OPEN	GYM /REC				
7:30	GYM /REC	5:30-8:30	5:30-8:30	5:30-8:30	5:30-8:30	GYM /REC	5:30-8:30	5:30-8:30	GYM/REC					
8:00	7:00- 8:30								7:00-8:30	5:30-9:30				
8:30	GROUP	FITNESS	GROUP	GROUP	GROUP		GROUP	FITNESS	GROUP				GROUP	
9:00	FITNESS	8:30-9:30	FITNESS	FITNESS	FITNESS		FITNESS	8:30-9:30	FITNESS			OPEN	FITNESS	
9:30	8:30-10:30	OPEN	8:30-10:30	8:30-10:30	8:30-10:30		8:30-10:30		8:30-11:00			BASKETBALL	8:00-11:00	
10:00		GYM/REC								GROUP		7:00-11:00		
10:30	OPEN		OPEN	OPEN	OPEN	OPEN	OPEN	GYM		9:30-11:00				
11:00	GYM/REC	9:30-12:00	GYM/REC	GYM/REC	GYM/REC	GYM/REC	GYM/REC	9:30-12:00	OPEN	OPEN				
11:30	10:30:12:00		10:30:12:00	10:30:12:00	10:30:12:00	10:30:12:00	10:30:12:00		GYM/REC	GYM/REC				OPEN
12:00	<div style="background-color: #FFC0CB; padding: 5px; text-align: center;"> OPEN ADU LT BASKETBALL FULL COURT 12:00-2:00 </div>													
12:30														
1:00														
1:30	<div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> Youth Sports/Camp 2:30- 5:00 </div>													
2:00														
2:30														
3:00	<div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> Youth Sports/Camp 2:30- 5:00 </div>													
3:30														
4:00														
4:30	<div style="background-color: #ADD8E6; padding: 5px; text-align: center;"> Youth Sports/Camp 2:30- 5:00 </div>													
5:00														
5:30														
5:30	GROUP	OPEN	GROUP	OPEN	GROUP	OPEN	GROUP	FITNESS	OPEN	OPEN				
6:00	FITNESS	GYM	GROUP	GYM	GROUP	GYM	GROUP		GYM	GYM				
6:30	5:30-8:00	BASKETBALL	FITNESS	BASKETBALL	FITNESS	Adult	5:30-7:30	5:30-7:30	BASKETBALL	BASKETBALL				
7:00		5:30-10:00	5:30-8:00	5:30-10:00	5:30-8:00	Volleyball			5:30-10:00	5:30-10:00				
7:30						6:30-9:45								
8:00	OPEN		OPEN		OPEN		OPEN	OPEN						
8:30	GYM		GYM		GYM		7:30-10:00	7:30-10:00						
9:00	8:00-10:00		8:00-10:00		8:00-10:00									
9:30														
10:00														

Richard's Programs
 Lisa's Programs
 Adult Sports Programs
 Maintenance
 OPEN