



YADKIN FAMILY YMCA

October Gym Schedule

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
6:00 AM	YMCA Closed		Free Play		Free Play		Free Play		Free Play		Free Play		YMCA Closed	
6:30 AM											Free Play			
7:00 AM														
7:30 AM														
8:00 AM														
8:30 AM														
9:00 AM														
9:30 AM														
10:00 AM														
10:30 AM			Pickleball 9am-12pm	BODY COMBAT® 9:05-10:05am	Pickleball 9am-12pm	New Horizons 10-11am	Pickleball 9am-12pm	BODY PUMP® 9:05-10:05am	Pickleball 9am-12pm	New Horizons 10-11a	Pickleball 9am-12pm	BODY COMBAT® 8:15-9am		
11:00 AM														
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM	Family Free Play		PQA Health 12-2p		Adult Lunchtime Basketball 12-2pm		PQA Health 12-2p		Adult Lunchtime Basketball 12-2pm		Free Play		Family Free Play	
1:30 PM														
2:00 PM														
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM														
5:00 PM	YMCA Closed		Kids Club 4:30-8pm	P90X LIVE® 5:30-6pm	Kids Club 4:30-8pm	BODY PUMP® 4:35-5:35pm	Kids Club 4:30-8pm	BODY COMBAT® 5:30-6:30pm	Kids Club 4:30-8pm	M.E. 5:30-6:00pm				
5:30 PM														
6:00 PM														
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM														
8:30 PM					Free Play		Free Play		Free Play		Free Play		YMCA Closed	

October 18 and 21 Kids Club will utilize half of Court 1 from 9:00am-12:00pm. Kids Night Out October 11 5:30pm to close.