



November Training Center Hours of Operation-YADKIN FAMILY YMCA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	Open 5:15	Closed Class 5:15-6:35am	Open 5:15	Open 5:15	Closed Class 5:15-6:35am	Closed	Closed
6:30 AM	Open	Open	Open	Open	Open	Closed	Closed
7:30 AM	Open	Open	Open	Open	Open	Closed	Closed
8:30 AM	Open	Open	Open	Closed Kettlebell 9:00-10:00am	Open	Open	Closed
9:30 AM	Open	Open	Open		Open	Open	Closed
10:30 AM	Open	Closed Strength/Stability 10:00am-11:10am	Open	Closed Strength/Stability 10:00am-11:10am	Open	Open	Closed
11:30 AM	Open		Open		Open	Open	Closed
12:30 PM	Open	Open	Open	Open	Open	Open	Closed
1:30 PM	Open	Open	Open	Open	Open	Open	Open
2:30 PM	Open	Open	Open	Open	Open	Open	Open
3:30 PM	Open	Open	Open	Open	Open	Open	Open
4:30 PM	Open	Open	Open	Open	Open	Open	Open
5:30 PM	Closed Kettlebell 4:45-6:00	Open	Closed TRX 6:00-7:15	Open	Open	Open	Open
6:30 PM	Closed TRX 6:00-7:15	Closed BOOTCAMP 6:00-7:45		Open	Closed BOOTCAMP 6:00-7:45	Open	
7:30 PM	Open		Open	Open			
8:30 PM	Open	Open	Open	Open			

ROOM CLOSED DURING STAFF RUN PAID BOOT CAMPS, TRAININGS AND YOUTH & TEEN PROGRAMS

Strictly no training by members or potential members at any time. No leading workouts, calling counts or demonstrating exercises.