



BLOOMSBURG AREA YMCA

Fitness Schedule - Gymnasium

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
6 AM							
7 AM							
8 AM							
9 AM						PeeWee Sports (3-5 y/o)	
10 AM	Adult Pickleball			Adult Pickleball	Adult Pickleball	Parent & Me Gymnastics	
11 AM					OPEN GYM	Adult Pickleball	Half-Court: Pick-Up Basketball / Adult Pickleball
12 PM	Pick-Up Basketball		Age 35+ Basketball		Pick-Up Basketball		
1 PM	OPEN GYM			OPEN GYM		OPEN GYM	
2 PM			OPEN GYM		OPEN GYM	Pick-Up Basketball	
3 PM	Teen Open-Gym	Teen Open-Gym	Teen Open-Gym	Teen Open-Gym	Teen Open-Gym	OPEN GYM	
4 PM							
5 PM	Youth Sports (3-5 y/o)	OPEN GYM	Adaptive Recreation	OPEN GYM			
6 PM	Youth Sports (6-9 y/o)	Beginner & Intermediate Gymnastics	OPEN GYM	Beginner & Intermediate Gymnastics	Over 18 Basketball	Open Gym Definition: Full-Court can only be utilized when no other party wants to use the gym.	
7 PM	Open-Gym Volleyball	Adult Pickleball	Over 18 Basketball	Adult Pickleball			
8 PM		OPEN GYM	OPEN GYM	OPEN GYM			