

2010 WINTER GYM SCHEDULE

*****SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE******

** Open = Gym available for Basketball / A=Left side B=Right side of the gym*

MONDAY

5:45-6:45 AM **Open***
 7:30 -8:15 AM Indoor Cycle Class
 7:50-11:00 AM **Open***
 11:00-12:00 PM **1/2 Open(A) 1/2 Lil' G's(B)**
 12:00 -2:00PM Adult Basketball
 2:00-2:45PM **Open***
 2:45-4:15 PM Wrestling(A)Lil Gs (B)
 4:15-5:15 PM 1/2Wrestling*(A) 1/2 Karate(B)
 5:15-6:30 PM **1/2Open*** 1/2 Karate
 6:30-6:45 PM 1/2Bassett 1/2 Karate
 6:45-8:00 PM Bassett Soccer
 8:00 - 9:30 PM Over 25 Basketball

TUESDAY

5:00-11:00 AM **Open***
 11:00-11:30 AM 1/2Little G's(B)1/2**Open*(A)**
 12:00-2:45 PM **Open**
 2:45-4:45PM **1/2 Open 1/2 Wrestling(B)**
 5:00-5:45 PM Lo-Impact
 6:00-6:30 PM **Open***
 6:30-7:20PM Pilates
 7:20-8:00 PM **Open***
 8:00-10PM Adult Volleyball



WEDNESDAY

5:45-6:45 AM **Open***
 7:30-8:15 AM Indoor Cycle Class
 7:50-9:00 AM **Open***
 9:00-10:00 AM Legs,Bums,Tums
 10:15-11:00 AM Sassy Sneakers (ss II)
 11:00 - 12:00 PM **1/2 Little G's(A) 1/2 Open (B)**
 12:00 - 2:00 PM Adult Basketball
 2:00-2:45 PM **Open***
 2:45-3:45PM 1/2 Wrestling(A) 1/2 Open (B)
 3:45-4:15 PM Wrestling(A)(B)Little Giants
 4:15 -4:45 PM Wrestling(A)(B)Youth Karate
 5:15 -6:45 PM (A)Yth Soccer (B) 1/2 Yth Karate
 6:45-8:15 PM Porter Soccer
 8:15 - 9:30 PM Over 25 Basketball

THURSDAY

5:00-11:00 AM **Open***
 11:00-11:20 AM 1/2Little G's(B)1/2 Open(A)
 11:20-2:45PM **Open***
 2:45-4:45PM **1/2 Open (B) Wrestling(A)**
 5:00-5:25PM **Open***
 5:25 - 6:25 PM Cardio Power Interval
 6:30-8:00 PM Northcutt soccer
 8:00-9:30 PM **Open***

FRIDAY

5:45-6:45 AM **Open***
 7:30-8:15 AM Indoor Cycle Class
 7:45-11:00 AM **Open***
 11:00-12:00 PM **Little Giants**
 12:00 - 2:00 PM Adult Basketball
 2:00-2:45 PM **Open***
 2:45-3:45 PM 1/2 **Open** 1/2 Wrestling(B)
 3:45-4:15 PM Little Giants (A) Wrestling (B)
 4:15-4:45PM **1/2Open*1/2 Wresling**
 4:45-7:00 PM **Open***
 7:00 - 9:30 PM Kid's Night

SATURDAY

7:00 -8:00 AM **Open***
 8:00am-2:30 PM Yth:Sports :Gymnastics
Archery,Soccer ,Basketball & T-ball
 2:30-4:00 PM **Open**
 4:00-6:30PM **Open*(Unless Rented)**

SUNDAY

8:00AM-9:00AM ***Open-No full court games**
 9:00AM-11:00AM **Martins Soccer**
 11AM-12:30PM EcuVolleyball
 12:30PM-1:30PM ***Open-No full court games**
 1:30-6:00 PM **Adult Basketball Leauge**



Valley-Shore YMCA
 201 Spencer Plains Road
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