

YWCO GYMNASIUM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00							
9:00		Pilates	Morning Jump Start	Pilates		Morning Jump Start	
9:30							
10:00							
10:30	SS YOGA	SS Classic	SS Classic	SS Classic			
11:00							
11:30	TABATA EX.						
12:00		Gentle Flow Yoga		Gentle Flow Yoga			
12:30							
12:45							
1:00	PICKLEBALL		PICKLEBALL		Tai Chi		
1:45							
2:00							
2:30					PICKLEBALL		
3:00							
3:30							
4:00							
4:30							
5:00	ESP		ESP				
5:30							
6:00	Cassic City Volleyball	Classic City Volleyball	Classic City Volleyball	Classic City Volleyball			
6:30							

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7:00							
7:30							

Blue = Open Gym Times

Gray = YWCO Closed

White = Classes/Not Available

Green = Evening and weekend availability changes weekly dependent upon gym rental. Check with the front desk for availability.