



Southdale YMCA

# GYM SCHEDULE

## October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am - 9:00am Open Gym	5:00am-7:00am Adult Full Court Pick UP Basketball	5:00am - 9:00am Open Gym	5:00am - 9:00am Open Gym	5:00am-7:00am Adult Full Court Pick UP Basketball	7:00am-8:30am Drop-In Open Gym	7:00am - 9:00am Drop-In Open Gym
	7:00am - 9:00am Open Gym			7:00am - 9:00am Open Gym		
9:15am - 11:30am Group Exercise Classes	9:15am-11:00am Group Exercise Classes	9:15am - 11:30am Group Exercise Classes	9:15am-11:00am Group Exercise Classes	9:15am - 10:30am Group Exercise Class	8:30am - 5:00pm Youth Sports	9:00am - 11:30am Drop-In Pickleball(1 court) 1/2 Open Gym
11:30am - 2:30pm Drop-In Pickleball	11:00am-12:45pm Drop-In Pickleball	11:30am - 3:00pm Drop-In Pickleball	11:00am-12:45pm Drop-In Pickleball	10:30am - 3:00pm Drop-In Pickleball		11:30pm-1:00pm Drop-In Open Gym
2:30pm - 3:30pm Drop In - Beginner Pickleball	12:45pm - 3:00pm Open Gym		12:45pm - 2:00pm Youth Sports			1:00pm-4:30pm Drop-In Open Gym
3:30pm - 6:00pm Open Gym	3:00pm - 6:00pm Open Gym	3:00pm - 4:00pm Drop In - Beginner Pickleball	2:00pm - 6:00pm Open Gym	3:00pm - 4:00pm Drop In - Beginner Pickleball		
6:00pm - 8:50pm Sports	6:00pm - 8:50pm Sports	6:00pm - 8:50pm Dodgeball	6:00pm - 8:50pm Dodgeball	6:00pm - 8:50pm Sports		
8:50pm - 9:00pm - Cleaning	8:50pm - 9:00pm - Cleaning	8:50pm - 9:00pm - Cleaning	8:50pm - 9:00pm - Cleaning	8:50pm - 9:00pm - Cleaning		

\*\*Gym Schedule is subject to change, due to events, weather, and programming  
There could be frequent adjustments to the gym schedule.