

## GYM SCHEDULE - Fall 1 - 2025

## YMCA OF THE NORTHWOODS: September 8th - October 26th

## Updated 8/29/2025

This schedule is subject to change. If there is no scheduled program or reservation the gym is open to use.

The Y has the right to make changes to the schedule at anytime and move any program into the Gym at anytime.

ſ	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		]	
	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST	WEST	EAST		
	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	6:00AM	8:00AM	8:00AM		
								7:00AM						
								HIIT						
								8:00AM						
Ì	8:00AM	8:00AM			8:00AM	8:00AM			8:00AM	8:00AM				
•	Coed Open	Coed Open			Coed Open	Coed Open			Coed Open	Coed Open				
	Basketball	Basketball			Basketball	Basketball			Basketball	Basketabli				
	10 00 444	10.00444			10 00 4 14	10 00 4 14			10 00 11	10 00 4 44				
	10:00AM	10:00AM			10:00AM	10:00AM	10:00AM		10:00AM	10:00AM				
							Head							
							Waters							
							11:00AM						Sun	dav
													WEST	EAST
													1:00PM	1:00PM
-	12.00011		12.00014				12.00014		12 00014					
	12:00PM		12:00PM				12:00PM		12:00PM		2.00044	2.00044		
	Golf Net		Golf Net		1:30PM		Golf Net		Golf Net		2:00PM	2:00PM		
	2:00PM		2:00PM		Head		2:00PM		2:00PM					3:00PM
ŀ	2.00FM	•	2.00FM		Waters		2.00FM		2.00FM					3:00PM
					3:00PM									
														Youth
							]							Agility
						3:00PM Y PE	 						F 00DM	E 00DA4
						YPE							5:00PM	5:UUPM
						4:00PM		3:45PM	1	4:00PM				
						.,				.,	SCHOOL OUT		JT DAYS-SO	OD
						Youth		Youth		Youth	When school is cancelled, t		d, the	
						Kickball		Basketball		Soccer	WEST GYM will be used for		from	
											9:00-10:00AM for SOD		or SOD pro	ogram.
						E 2004		E 20014			pickleball will be reduced to			
				5:30PM		5:30PM	ł	5:30PM	ł		EAST GYM when this occurs.			
				Beginner								D dates are:		
ľ	6:00PM	6:00PM		Sports				6:00PM		6:00PM	30		Oct 25.	, Ct 1-1,
	Adult	Adult		6:15PM			6:00PM	6:00PM	1	6:00PM		and (	JCL 25.	
	Volleyball	Volleyball					Adult	Adult						
	League	League					Basketball	Basketball		Teen	The After School Program will			
	-						League	League		Night	ta	ke priority o	f the West	Gym
	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM	8:00PM				