

# GYMNASIUM SCHEDULE

CORDOVA FAMILY YMCA



| Time     | Monday                   | Tuesday                  | Wednesday                | Thursday                 | Friday                   | Saturday                 | Sunday                   |
|----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 5:00 AM  | ADULT PICK UP            |                          | ADULT PICK UP            |                          | ADULT PICK UP            |                          |                          |
| 7:00 AM  |                          | OPEN GYM<br>(No Pick up) |                          | OPEN GYM<br>(No Pick up) |                          | OPEN GYM<br>(No Pick up) |                          |
| 8:00 AM  | OPEN GYM<br>(No Pick up) |                          | OPEN GYM<br>(No Pick up) | OPEN GYM<br>(No Pick up) | OPEN GYM<br>(No Pick up) |                          |                          |
| 9:00 AM  |                          |                          |                          |                          |                          |                          |                          |
| 10:00 AM | AHA Classes              | AHA Classes              | AHA Classes              | AHA Classes              | AHA Classes              | OPEN GYM<br>(No Pick up) |                          |
| 11:00 AM |                          |                          |                          | AHA Classes              |                          |                          |                          |
| 12:00 PM |                          |                          |                          |                          |                          |                          |                          |
| 1:00 PM  |                          |                          | PICKLEBALL               |                          | PICKLEBALL               | Kendo                    | ADULT PICK UP            |
| 2:00 PM  | OPEN GYM<br>(No Pick up) | OPEN GYM<br>(No Pick up) |                          | OPEN GYM<br>(No Pick up) |                          |                          |                          |
| 3:00 PM  |                          |                          |                          |                          |                          |                          |                          |
| 4:00 PM  |                          |                          | OPEN GYM<br>(No Pick up) |                          | OPEN GYM<br>(No Pick up) | ADULT PICK UP            | OPEN GYM<br>(No Pick up) |
| 5:00 PM  |                          |                          |                          |                          |                          |                          |                          |
| 6:00 PM  | Kendo                    | ADULT PICK UP            | Kendo                    | ADULT PICK UP            | ADULT PICK UP            |                          |                          |
| 7:00 PM  |                          |                          |                          |                          |                          |                          |                          |
| 8:00 PM  |                          |                          |                          |                          |                          |                          |                          |

All members must adhere with the posted rules and those of our association. Any behaviors that are inconsistent with the outlined rules will be addressed and could result in termination of facility access, membership, and/or program participation privileges.

**OPEN GYM (No Pickup)- Gym is open for both pickleball & basketball activities. Pickup basketball games are discouraged. Individuals and families are encouraged to use this time to practice and play.**