

SMALL GYM SCHEDULE

JUNE 2019

OTTAWA YMCA

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:00 AM							BUILDING CLOSED	
6:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
7:00 AM								
8:00 AM	BUILDING CLOSED	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	Silver Sneakers 8:05-8:50	ı	
9:00 AM		Chair Yoga 9:00-9:45			Zumba 9:00-10:00			
10:00 AM		Zumba 10:00-11:00	Silver Sneakers 10:00-10:45		Silver Sneakers 10:00-10:45		Open Gym BUILDING CLOSED	
11:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
12:00 PM								
1:00 PM		Day Camp	Day Camp 12:30-4:00	Day Camp	Day Camp	Day Camp 12:30-4:00		
2:00 PM	Open Gym 12:00-5:00	12:30-4:00		12:30-4:00	12:30-4:00			
3:00 PM								
4:00 PM		Open Gym	Open Gym	Open Gym	Open Gym			
5:00 PM	BUILDING CLOSED	Pound 5:30-6:30	- ,	Zumba 5:30-6:30		Open Gym		
6:00 PM		5:30-6:30		5:50-6:50				
7:00 PM		Open Gym	Adult Basketball 6:30-8:30	Open Gym	Adult Basketball 6:30-8:30			
8:00 PM			-5.55 5.55			BUILDING CLOSED		

BIG GYM SCHEDULE

OTTAWA YMCA

Time	Sunday	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
5:00 AM 6:00 AM 7:00 AM 8:00 AM		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		BUILDING CLOSED
9:00 AM	BUILDING CLOSED		Day Camp 9:00-11:30	Open Gym	Day Camp 9:00-11:30	Open Gym	Day Camp 9:00-11:30	Open Gym	Day Camp 9:00-11:30	Open Gym	Day Camp 9:00-11:30	Open Gym
10:00 AM												
12:00 PM 1:00 PM			Adult Basketball 12:00-2:00 Friendship Village		Open Gym Friendship Village		Adult Basketball 12:00-2:00					
2:00 PM 3:00 PM	Open Gym			1:30-2:30		1:30-2:30						
4:00 PM 5:00 PM		Oper	n Gym	Open Gym		Open Gym		Open Gym		Open Gym		
6:00 PM	BUILDING CLOSED		open dym		Open dyn				BUILDING CLOSED		BUILDING CLOSED	
7:00 PM 8:00 PM												