



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

SCHEDULE

JANAURY – FEBRUARY 2024

Gym Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30-6:00am	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		
6:00-7:00am	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		
7:00-8:00am	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		
8:00-9:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	YMCA Youth Girls Basketball Games	
9:00-10:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	YMCA Youth Girls Basketball Games	
10:00-11:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	YMCA Youth Girls Basketball Games	
11:00-12:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	YMCA Youth Girls Basketball Games	
12:00-1:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	YMCA Youth Girls Basketball Games	
1:00-3:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	YMCA Youth Girls Basketball Games	Open Basketball
3:00-4:30pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		From 1:00pm-4:00pm
4:30-5:00pm	GEX Classes	YMCA Youth Basketball Practices	Open Basketball	YMCA Youth Basketball Practices	Open Basketball		
5:00-6:30pm	GEX Classes	YMCA Youth Basketball Practices	NEXT LEVEL VOLLEYBALL 6:00pm-8:00pm	YMCA Youth Basketball Practices	NEXT LEVEL VOLLEYBALL 5:00pm-8:00pm		
6:30-7:45pm	Open Basketball	YMCA Youth Basketball Practices	NEXT LEVEL VOLLEYBALL 6:00pm-8:00pm	YMCA Youth Basketball Practices	NEXT LEVEL VOLLEYBALL 5:00pm-8:00pm		

YMCA of Greater Montgomery
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