



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GYM SCHEDULE

SCHEDULE

JUNE – JULY 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	Open Basketball	
9:00-10:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	Open Basketball	
10:00-11:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	Open Basketball	
11:00-12:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	
12:00-1:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	
1:00-3:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	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	Open Basketball	Girls 4 on 4 Basketball League	Open Basketball	Girls 4 on 4 Basketball League	Open Basketball		
5:00-6:30pm	Adult Volleyball League	Girls 4 on 4 Basketball League	Open Basketball	Girls 4 on 4 Basketball League	Open Basketball		
6:30-7:45pm	Adult Volleyball League	Girls 4 on 4 Basketball League	Open Basketball	Girls 4 on 4 Basketball League	Open Basketball		

Open Basketball Format: Front Court #1 – Shoot Around Only!!  
Back Court #2 - Pick-up Games

YMCA of Greater Montgomery  
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