



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

SCHEDULE

SEPTEMBER -NOVEMBER 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	Volleyball League Games Oct 5 th – Nov 16	
9:00-10:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	Volleyball League Games Oct 5 th – Nov 16	
10:00-11:00am	GEX Classes	GEX Classes	GEX Classes	GEX Classes	GEX Classes	Volleyball League Games Oct 5 th – Nov 16	
11:00-12:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Volleyball League Games Oct 5 th – Nov 16	
12:00-1:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Volleyball League Games Oct 5 th – Nov 16	
1:00-3:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Volleyball League Games Oct 5 th – Nov 16	
3:00-4:30pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Volleyball League Games Oct 5 th – Nov 16	Open Basketball
4:30-6:00pm	Open Basketball	Open Basketball	Open Basketball	Open Basketball	Open Basketball		From 1:00pm-4:00pm
6:00-6:30pm	Open Basketball GEX Class 5:00pm-6:00pm	Volleyball League Practices	Volleyball League Practices	Volleyball League Practices	Volleyball League Practices & Games		
6:30-7:45pm	Adult Volleyball League	Volleyball League Practices	Volleyball League Practices	Volleyball League Practices	Volleyball League Practices & Games		
	Adult Volleyball League	Volleyball League Practices	Volleyball League Practices	Volleyball League Practices	Volleyball League Practices & Games		

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

YMCA of Greater Montgomery
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