



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GYM SCHEDULE

SCHEDULE

JANUARY – FEBRUARY 2025

| 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 1:00pm-3:00pm |
| 3:00-4:30pm | Open Basketball | Open Basketball | Open Basketball | Open Basketball | Open Basketball | | Next Level Volleyball |
| 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 | Youth Basketball Games 5:45pm-8:00pm | | |
| 6:30-7:45pm | Open Basketball | YMCA Youth Basketball Practices | NEXT LEVEL VOLLEYBALL 6:00pm-8:00pm | YMCA Youth Basketball Practices | Youth Basketball Games 5:45pm-8:00pm | | |

YMCA of Greater Montgomery
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