









# MIDTOWN GYM #1 SCHEDULE

September, 2023

Court 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday							
6:00 AM														
6:30 AM														
7:00 AM	<b>Pumped</b> 6:30 - 7:30 am	<b>Pickup Basketball</b> 6:00 - 8:00 am		<b>Pickup Basketball</b> 6:00 - 8:00 am										
7:30 AM														
8:00 AM	<b>Open Gym</b> 7:45 - 9:00 am		<b>Open Gym</b> 6:30 - 9:15 am		<b>Open Gym</b> 6:00 - 11:55 am	<b>Open Gym</b> 7:30 - 8:30 am	<b>Open Gym</b> 7:30 am - 4:30 pm							
8:30 AM				<b>Open Gym</b> 8:15 - 10:00 am										
9:00 AM														
9:30 AM	<b>SilverSneakers</b> 9:30 - 11:30 am	<b>Open Gym</b> 8:15 - 11:45 am	<b>Pumped</b> 9:30 - 10:30 am	<b>SilverSneakers</b> 10:30 - 11:15 am				<b>Pumped Express</b> 9:00 - 9:45 am						
10:00 AM														
10:30 AM														
11:00 AM						<b>Zumba</b> 10:30 - 11:30 am								
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM	<b>Open Gym</b> 11:30 am - 3:55 pm	<b>Pickleball</b> 12:00 - 3:30 pm	<b>Open Gym</b> 11:00 am - 3:55 pm	<b>Open Gym</b> 11:30 am - 3:30 pm	<b>Pickleball</b> 12:00 - 3:30 pm	<b>Open Gym</b> 11:45 am - 4:30 pm								
1:30 PM														
2:00 PM														
2:30 PM														
3:00 PM														
3:30 PM														
4:00 PM	<b>ECE School Age</b> 4:00 - 5:00 pm	<b>ECE School Age</b> 4:00 - 5:00 pm	<b>ECE School Age</b> 4:00 - 5:00 pm	<b>ECE School Age</b> 3:30 - 4:30 pm	<b>ECE School Age</b> 4:00 - 5:00 pm									
4:30 PM														
5:00 PM														
5:30 PM														
6:00 PM	<b>Open Gym</b> 5:00 - 8:30 pm Gym #1 Closes at 8:30 pm	<b>Open Gym</b> 5:15 - 8:30 pm Gym #1 closes at 8:30 pm	<b>Open Gym</b> 5:15 - 8:30 pm Gym #1 closes at 8:30 pm	<b>Open Gym</b> 4:45 - 8:30 pm Gym #1 closes at 8:30 pm	<b>Open Gym</b> 5:00 - 7:30 pm	<b>Gym Closed</b>	<b>Gym Closed</b>							
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM												<b>Gym Closed</b>		
8:30 PM														

	Group Fitness class
	Youth Sports
	GXP Class
	ECE School Age
	SFF Program Time
	Sport Leagues
	Programmed gym time
	Open gym time









The gym schedule is subject to change based on gym rentals and special events. See the back side of the gym schedule for specific gym policies.

**eliminating racism  
empowering women**  
**ywca**  
Minneapolis

# MIDTOWN GYM #2 SCHEDULE

September, 2023

Court 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM							
7:00 AM	Pumped 6:30 - 7:30 am	Pickup Basketball 6:00 - 8:00 am		Pickup Basketball 6:00 - 8:00 am			
7:30 AM			Open Gym 6:30 - 9:15 am			Open Gym 7:30 - 8:30 am	
8:00 AM	Open Gym 7:45 - 9:00 am			Open Gym 8:15 - 10:00 am	Open Gym 6:00 - 11:55 am		
8:30 AM							
9:00 AM		Open Gym 8:15 - 11:45 am	Pumped 9:30 - 10:30 am			Pumped Express 9:00 - 9:45 am	
9:30 AM				SilverSneakers 10:30 - 11:15 am			
10:00 AM	SilverSneakers 9:30 - 11:30 am					Zumba 10:30 - 11:30 am	
10:30 AM							
11:00 AM							
11:30 AM							Open Gym 7:30 am - 4:30 pm
12:00 PM							
12:30 PM							
1:00 PM		Pickleball 12:00 - 3:00 pm			Pickleball 12:00 - 3:30 pm	Badminton 12:00 - 3:00 pm	
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM			Open Gym 10:45 am - 8:30 pm	Open Gym 11:30 am - 8:30 pm			
3:30 PM	Open Gym 11:30 am - 8:30 pm					Open Gym 3:15 - 4:30 pm	
4:00 PM			Gym #2 closes at 8:30 pm	Gym #2 closes at 8:30 pm			
4:30 PM	Gym #2 closes at 8:30 pm						
5:00 PM		Open Gym 3:15 - 8:30 pm			Open Gym 3:45 - 7:30 pm		
5:30 PM		Gym #2 closes at 8:30 pm					
6:00 PM							
6:30 PM						Gym Closed	Gym Closed
7:00 PM							
7:30 PM							
8:00 PM					Gym Closed		
8:30 PM							

	Group Fitness class
	Youth Sports
	GXP Class
	ECE School Age
	SFF Program Time
	Sport Leagues
	Programmed gym time
	Open gym time

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