

Effective Sep. 11 – Nov. 5

# GYM

## SCHEDULE

### MONDAY

#### Gym I:

12-1pm Lunchtime Open Gym

7-10pm Adult Open Gym (18+)

#### Gym II:

7-8pm Elite Basketball Training

8-10pm Adult Open Gym (18+)

### TUESDAY

#### Gym I:

12-1pm Lunchtime Open Gym

6:15-8:15pm Elite Basketball Training

8:30-10pm Allendale Newcomer

#### Gym II:

7-10pm Adult Open Gym (18+)

### WEDNESDAY

#### Gym I:

6:30-10pm Elite Basketball Training

#### Gym II:

12-1pm Lunchtime Open Gym

6:30-10pm Elite Basketball Training

### THURSDAY

#### Gym I:

6:30-10pm Elite Basketball Training

#### Gym II:

12-1pm Lunchtime Open Gym

6:30-10pm Adult Open Gym (18+)

### FRIDAY

#### Gym I:

7-10pm Table Tennis

#### Gym II:

12-1pm Lunchtime Open Gym

6:30-8pm Pickle Ball

### SATURDAY

#### Gym I:

1-5pm Family Open Gym

#### Gym II:

1:30-4:30pm Birthday Parties

5-7pm Elite Basketball Training

### SUNDAY

#### Gym I:

8-9am Dry Land

9-11am Barnert Temple Men's Group

11-1pm Elite Basketball Training

1-4pm Family Open Gym

#### Gym II:

8-11am Table Tennis

11-1pm Elite Basketball Training

1-4pm Birthday Parties

All Open Gyms are only available during the above designated time slots. All other times in the gym are scheduled for various "Y" Classes or Functions. Schedule subject to change.