

# YMCA GYM SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Y open at 6	Y Open at 8
6:00							
6:30							
7:00							
7:30							
8:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
8:30							
9:00							
9:30	UPK Headstart	UPK Headstart	UPK Headstart	UPK Headstart	UPK Headstart	OPEN GYM	Pick Up Basketball 10:00 AM to Noon
10:00							
10:30							
11:00							
11:30							
12:00	12 to 1:30	<b>Masters</b> Noon Ball 35+	12 to 1:30	<b>Masters</b> Noon Ball 35+	12 to 1:30	OPEN GYM	OPEN GYM
12:30	Noon Ball		Noon Ball		Noon Ball		
1:00	Ball		Ball		Ball		
1:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Y close at 1
2:00							
2:30							
3:00							
3:30							
4:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	Y close at 4
4:30							
5:00							
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							

YMCA CLOSSES 8:30

Gym Schedule subject to change without notice.  
Call in advance to confirm times



updated 5/27/15

[www.cortlandymca.org](http://www.cortlandymca.org)

607-756-2893