

# DOW BAY AREA FAMILY YMCA COURT SCHEDULE

## MONDAY

		WEST	EAST
NORTH COURT		Breakfast Club Bootcamp 5:30am-6:30am	
		TRX-Suspension Training 9:00am-10:00am	
		Open Gym 10:00am-5:30pm	Open Gym 10:00am-8:00pm
		Bootcamp 5:30pm-6:30pm	
		Open Gym 6:30-Close	
SOUTH COURT		Open Gym 5:00am-9:00am	
		Open Pickleball 9:00am-11:30am (2 courts)	
		Noonball 12:00pm-2:00pm	
		Open Gym 2:00pm-8:00pm	

## TUESDAY

		WEST	EAST
NORTH COURT		HIIT 5:00am-6:00am	Open Gym
		Open Gym 6:00am-9:00am	
		Open Pickleball 9:00am-11:30am (2 courts)	
		Open Gym 11:30am-8:00pm	
SOUTH COURT		Open Gym 5:00am-9:00am	
		Open Pickleball 9:00am-11:30am (2 courts)	
		Open Gym 11:30am-8:00pm	

## WEDNESDAY

		WEST	EAST
NORTH COURT		Breakfast Club Bootcamp 5:30am-6:30am	
		Open Gym 6:30am-9:00am	Open Gym 5:00am-8:00pm
		TRX-Suspension Training 9:00am-10:00am	
		Open Gym 10:00am-8:00pm	
SOUTH COURT		Open Gym 5:00am-9:00am	
		Open Pickleball 9:00am-11:30am (2 courts)	
		Noonball 12:00pm-2:00pm	
		Open Gym 2:00pm-8:00pm	

## THURSDAY

		WEST	EAST
NORTH COURT		HIIT 5:00am-6:00am	
		Open Gym 6:00am-4:30pm	Open Gym 6:00am-8:00pm
		TRX Stretch 4:30pm-5:30pm	
		TRX Bootcamp 5:30pm-6:30pm	
		Open Gym 6:30pm-Close	
SOUTH COURT		Open Gym 5:00am-9:00am	
		Open Pickleball 9:00am-11:30am (2 courts)	
		Open Gym 11:30am-8:00pm	

## FRIDAY

		WEST	EAST
NORTH COURT		Breakfast Club Bootcamp 5:30am-6:30am	Open Gym 5:00am-9:00am
		Open Gym 6:30am-9:00am	
		Open Pickleball 9:00am-11:30am (2 courts)	
		Open Gym 11:30am-Close	
SOUTH COURT		Open Gym 5:00am-9:00am	
		Open Pickleball 9:00am-11:30am (2 courts)	
		Noonball 12:00pm-2:00pm	
		Open Gym 2:00pm-7:00pm	

## SATURDAY

		WEST	EAST
NORTH COURT		Open Gym 7:00am-7:30am	Open Gym 7:00am-8:00pm
		TRX Bootcamp 7:30pm-8:30pm	
		Open Gym 8:30am-4:00pm	
SOUTH COURT			
		Open Gym 7:00am-4:00pm	

## SUNDAY

		WEST	EAST
NORTH COURT		Open Pickleball 10:00am-12:00pm (2 courts)	
		Open Gym 12:00pm-4:00pm	
SOUTH COURT		Open Gym 10:00am-12:00pm	
		Noonball 12:00pm-2:00pm	
		Open Gym 2:00pm-4:00pm	

## KEY

Outside from August 22-September 10
On hold from August 22-September 10
Open Gym

**COURT CLOSED FOR RESURFACING**  
From August 22nd-September 12th, the gym floors are being redone. We apologize for the inconvenience.

**FALL I SESSION**  
AUGUST 14-OCTOBER 1