



Foundation YMCA Gym Schedule

Important: Gym Schedules are subject to change

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5 am		Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+		
6 am		Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball		
7 am		Courts A&B Open Court Basketball	Court B- Open Court Basketball Court A -Pickleball	Courts A&B Open Court Basketball	Court B- Open Court Basketball Court A -Pickleball	Courts A&B Open Court Basketball	Court B- Open Court Basketball	
8 am	Court A -Pickleball							
9 am	Court B- Reserved for Level Up Kids							
10 am	Court A- Open Court Basketball							
11 am	Court B- Full Court Ages 16+ Court A- Open Court Basketball *Gym Closes 15 mins early	Court B- Reserved for Fitness Fun	Court B- Full Court Ages 16+	Court B- Reserved for Diversified	Court B- Full Court Ages 16+	Courts A&B Open Court Basketball	Court B- Full Court Ages 16+ Court A- Open Court Basketball *Gym closes 15 mins early	
12 pm		Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball				
1 pm		Court B- Open Court Basketball	Court B- Reserved for Foundation Kids	Courts A&B Open Court Basketball	Court B- Open Court Basketball			
2 pm		Court A - Pickleball	Court A- Open Court Basketball		Court A - Pickleball			
3 pm		Court B- Open Court Basketball	Court B- Open Court Basketball	Court B- Open Court Basketball	Court B- Open Court Basketball			Court B- Open Court Basketball
4 pm		Court A - Reserved for Y-GIG Programing	Court A - Reserved for Y-GIG Programing	Court A - Reserved for Y-GIG Programing	Court A - Reserved for Y-GIG Programing			Court A - Reserved for Y-GIG Programing
5 pm		Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+	Court B- Full Court Ages 16+			Court B- Full Court Ages 16+
6 pm	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball	Court A- Open Court Basketball			
7 pm		*Gym closes 15 mins early	*Gym closes 15 mins early	*Gym closes 15 mins early	*Gym closes 15 mins early	*Gym closes 15 mins early		