



Stevens Point Area YMCA Gymnasium Schedule October, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-7:00AM Basketball Full Gym	5:30-6:15AM BodyPump South Court	5:00-7:00AM Basketball Full Gym	5:30-6:15AM BodyPump South Court	5:00-7:00AM Basketball Full Gym	6:00-8:00AM Basketball Full Gym
7:00-9:00AM Pickleball Full Gym	6:30-9:00AM Pickleball Full Gym	7:00-9:00AM Pickleball Full Gym	6:30-9:00AM Pickleball Full Gym	7:00-9:00AM Pickleball Full Gym	8:00AM-1:00PM Youth Sports Full Gym
9:00-11:15AM Pickleball North Court	9:00-10:00AM Pickleball North Court	9:00-10:15AM Pickleball North Court	9:00-10:00AM Pickleball North Court	9:00-10:15AM Pickleball North Court	1:00-2:00PM Basketball Full Gym
9:15-10:15AM SilverSneakers Circuit South Court	9:15-10:00AM SilverSneakers Classic South Court	9:15-10:05AM Total Body South Court	9:15-10:00AM SilverSneakers Classic South Court	9:15-10:15AM BodyPump South Court	
10:15-11:15AM BodyPump South Court	10:15-11:45AM Basketball Full Gym	10:15-11:45AM Basketball North Court	10:15-11:45AM Basketball Full Gym	10:15-11:45AM Basketball North Court	
11:30AM-1:00PM Basketball South Court	11:45AM-1:00PM Basketball South Court	10:30-11:30AM SilverSneakers Circuit South Court	11:45-1:00PM Basketball South Court	10:30-11:15AM Total Body South Court	
11:45AM-1:00PM CFC High School North Court	11:45AM-1:00PM CFC High School North Court	11:45-1:00PM CFC High School North Court	11:45-1:00PM CFC High School North Court	11:45AM-1:00PM CFC High School North Court	
1:00-4:45PM Basketball Full Gym	1:00-3:30PM Basketball Full Gym	1:00-4:15PM Basketball Full Gym	1:00-4:15PM Basketball Full Gym	11:15AM-1:00PM Basketball South Court	
4:45-5:45PM Basketball North Court	3:30-4:15PM Basketball South Court	4:30-5:05PM Quick Hiit South Court	4:30-5:00PM Abs Express South Court	1:00-8:00PM Basketball Full Gym	
5:00-5:45PM Boot Camp South Court	3:30-4:30PM Adapted Recreation North Court	4:45-6:00PM Basketball North Court	4:45-7:15PM Youth Sports North Court		
6:00-8:00PM Basketball Full Gym	4:30-5:00PM Abs Express South Court	5:15-6:00PM Kickboxing South Court	5:00-7:15PM Basketball South Court		
	4:45-6:15PM Basketball North Court	6:15-8:00PM Basketball Full Gym	7:15-8:00PM Basketball Full Gym		
	5:30-6:15PM BodyPump Express South Court				
	6:30-8:00PM Basketball Full Gym				

Schedule subject to change