



CORPENING Gym Schedule

September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00– 11:00 am Full Gym		8:00–11:00 am 8:00–9:30 am Beginners Full Gym		8:00 –11:00 am Full Gym	8–10:00 am Half of Gym	
12:00–2:00 pm Front Half of Gym	4:30–5:30 Front Half of Gym	12:00–2:00 pm Front Half of Gym		12:00–2:00 pm Front Half of Gym		
4:30–5:30 pm Front Half of Gym	5:30 –6:55 pm Back Half of Gym	4:30—5:30 pm Front Half	4:30–5:30 pm Front Half of Gym	4:30–5:30 pm Front Half of Gym		
5:30—6:55 pm Front Half of Gym			5:30–6:55 pm Front Half of Gym	6:00—7:00 pm Front Half of Gym		
6:00—8:00 pm Back Half of Gym		6:00–8:00 pm Back Half of Gym				

SCHEDULE KEY

Pickle Ball **YELLOW**

Raekwon Lessons **BLUE**

Adult Pick Up Bball **Green**

VIRTUAL GROUP EX

Find live virtual classes and an online video library that members have access to at your convenience at ymcawnc.org/virtual-y