



CORPENING Gym Schedule

December 2023

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

SCHEDULE KEY

Pickle Ball **YELLOW**

Raekwon Lessons **BLUE**

Adult Pick Up Bball **Green**

FCS P.E. **Red**

Youth Futsal **Purple**

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