



March Gym Schedule

Asheville YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
5:30 - 6 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CLOSED	CLOSED	5:30 - 6 AM
6:00 AM 6:15 AM 6:30 AM 6:45 AM								6:00-7:00a
7:00 AM 7:15 AM 7:30 AM 7:45 AM								7:00-8:00a
8:00 AM 8:15 AM 8:30 AM 8:45 AM								8:00-9:00a
9:00 AM 9:15 AM 9:30 AM 9:45 AM								9:00-10:00a
10:00 AM 10:15 AM 10:30 AM 10:45 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:30-1:00 Legends Basketball (30+)	CLOSED	10:00-11:00a
11:00 AM 11:15 AM 11:30 AM 11:45 AM	10:30-11:30 Zumba	10:00-12:30 Legends Basketball (30+)	10:30-11:30 Zumba	10:00-12:30 Legends Basketball (30+)	10:30-11:30 Zumba			11:00-12:00p
12:00 PM 12:15 PM 12:30 PM 12:45 PM	11:45-1:45 pm All-Star Basketball (50+)	Open Gym	11:45-1:45 pm All-Star Basketball (50+)	Open Gym	11:45-1:45 pm All-Star Basketball (50+)			12:00-1:00p
1:00 PM 1:15 PM 1:30 PM 1:45 PM	Transition	Transition	Transition	Transition	Transition			1:00-2:00p
2:00 PM 2:15 PM 2:30 PM 2:45 PM	Pickleball Set up	Pickleball Set up	Pickleball Set up	Pickleball Set up	Pickleball Set up			2:00-3:00p
3:00 PM 3:15 PM 3:30 PM 3:45 PM	2:15-4:15 Pickleball	2:15-4:15 Pickleball	2:15-4:15 Pickleball	2:15-4:15 Pickleball	2:15-4:15 Pickleball	Open Gym	Open Gym	3:00-4:00p
4:00 PM 4:15 PM 4:30 PM 4:45 PM	Transition	Transition	Transition	Transition	Transition			4:00-5:00p
5:00 PM 5:15 PM 5:30 PM 5:45 PM	5:15-6:30 Athletic Conditioning Full Court	Open Gym	5:15-6:30 Athletic Conditioning Full Court	Open Gym	5:15-6:30 Athletic Conditioning Full Court			5:00-6:00p
6:00 PM 6:15 PM 6:30 PM 6:45 PM	Open Gym		Open Gym		Open Gym			6:00-7:00p
7:00 PM 7:15 PM 7:30 PM 7:45 PM	Open Gym		Open Gym		Open Gym			7:00-8:00p
8:00 PM 8:15 PM 8:30 PM 8:45 PM	CLOSED		CLOSED		CLOSED	CLOSED	CLOSED	8:00-9:00p
9:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED			9:00 PM

*Pickleball 2 V 2 play (4 to rotate in) please sanitize nets after use.

*All-Stars Basketball 50+ 5v5 half court basketball for those 50 years and older played to 1 goal. Ages will be checked upon check-in.

*Legends Basketball 30+ 5v5 half court basketball for those 30 years and older played to 1 goal. Ages will be checked upon check-in.

*Athletic Conditioning & Youth Basketball - Classes and youth leagues take precedence.

PLEASE REMEMBER THAT OUR GYM IS SHARED BY PROGRAMS, CLASSES, FAMILIES AND ALL OUR MEMBERS.
ONE HALF OF THE COURT MUST REMAIN OPEN FOR "OPEN SHOOTING" DURING OPEN GYM, NO GAMES.
THE GYM SCHEDULES ARE SUBJECT TO CHANGE WITHOUT NOTICE DUE TO WEATHER AND/OR SPECIAL EVENTS.