

Wayne County YMCA March 2023 Gymnasium Schedule

HOURS: Monday – Friday 5:30 AM to 8:30 PM

Saturday 8:00 AM to 3:00 PM & Sunday 8:00 AM to 1:00 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	2 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	3 10:00-11:00 Ener-Chi 11:00-12:00 EF 5:00-5:45 Pre K Sports 6:00-7:00 Soccer 7:00-8:30 Pick Up Soccer	4 9:00-9:45 S.M.A.T.Y.
5 8:00-1:00 Open Gym	6 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:45-7:45 Karate	7 1-2:00 Home School Gym 5:30-6:30 Simply Strength	8 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	9 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	10 10:00-11:00 Ener-Chi 11:00-12:00 EF 4:00-5:00 A TEAM 5:00-5:45 Pre K Sports 6:00-7:00 Soccer 7:00-8:30 Pick Up Soccer	11 9:00-9:45 S.M.A.T.Y.
12 8:00-1:00 Open Gym	13 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:45-7:45 Karate	14 1-2:00 Home School Gym 5:30-6:30 Simply Strength	15 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	16 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	17 10:00-11:00 Ener-Chi 11:00-12:00 EF 5:00-5:45 Pre K Sports 6:00-7:00 Basketball 7:00-8:30 Pick Up Soccer	18 9:00-9:45 S.M.A.T.Y.
19 8:00-1:00 Open Gym	20 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:45-7:45 Karate	21 1-2:00 Home School Gym 5:30-6:30 Simply Strength	22 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	23 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	24 10:00-11:00 Ener-Chi 11:00-12:00 EF 4:00-5:00 A TEAM 5:00-5:45 Pre K Sports 6:00-7:00 Basketball 7:00-8:30 Pick Up Soccer	25 9:00-9:45 S.M.A.T.Y.
26 8:00-1:00 Open Gym	27 9:00- 12:00 Classes 5:00-6:00 Body Fit 6:45-7:45 Karate	28 1-2:00 Home School Gym 5:30-6:30 Simply Strength	29 9:00- 11:00 Classes 5:00-6:00 Body fit 6:30-7:30 Pound & Lift	30 10:00-11:00 Chair Yoga 5:30-6:30 Simply Strength	31	