



Milton YMCA Gym Schedule
Effective March 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:45-8:00am OPEN	5:45-9:00am OPEN	5:45am-8:00am OPEN	5:45am-12:00pm OPEN	5:45AM-8:00AM OPEN			
8:00am-10:00am OPEN	9:00-10:00am Silver sneakers	8:00am-9:00am Senior strength class in gym	12:00pm-1:00pm PICKLE BALL	8:00AM-9:00AM SENIOR STRENGTH CLAAS IN GYM			8:30am-9:30pm Soccer class
10:00-11:00am Silver sneakers class	10:00am-12:00pm OPEN	9:00am-10:00am OPEN	1:00-4:30pm OPEN	9:00AM-10:00AM OPEN			9:30am-5:00pm OPEN
11:00am-12:00pm OPEN	12:00pm-1:00pm PICKLE BALL	10:00-11:00am Silver sneakers class	4:30-5:15pm SACC	10:00AM-11:00AM SILVER SNEAKER CLASS IN GYM			
12:00pm-1:00pm PICKLE BALL	1:00pm-3:45pm OPEN	12:00pm-1:00pm PICKLE BALL	5:15-6:00pm OPEN	11:00am-12:00pm OPEN			
1:00-1:45pm OPEN	3:45-4:30pm SACC	1:00-3:45pm OPEN	6:00pm-7pm PICKLE BALL	12:00pm-1:00pm PICKLE BALL		1-5pm Open	
1:45-2:30pm Preschool basketball class	4:30pm-6:00pm Basketball class	3:45pm-4:30pm SACC	7:00pm-9pm OPEN	1:00pm-2:30pm Homeschool P.E.			
	6:00pm-7:00pm Pickle ball			2:30-3:45pm OPEN			
2:30-4:30pm OPEN		4:30-6:00pm Soccer class		3:45-5:15pm SACC			
4:30-5:15pm SACC			5:15-6:00pm OPEN				
5:15-9:00pm OPEN		6:00-9:00pm OPEN		6:00-9:00pm TGIF			