



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# White Plains YMCA

## Gym Schedule

Effective 09/05/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>CHILDCARE HAS USAGE OF GYMNASIUM MONDAY—FRIDAY 8am—6pm</b>						
			6:00am—6:45am TRX Boot Camp			
Boces Gym Court (Rental) 9am-11am		Boces Gym Court (Rental) 9am-11am		Boces Gym Court (Rental) 9am-11am	9:00am- 12:00pm Youth Programs	11:00am-2:00pm Youth Programs
	6pm-6:45pm Youth Programs		5:15pm-6:00pm Youth Programs	4:45pm-6:00PM Youth Programs	KENDO Gym Court (Rental) 4pm-6pm	
5:30PM—10pm Big League Volleyball (Rental)		6:30pm — 7:15pm Boot Camp 7:15pm– 10pm Big League Volleyball (Rental)	6:30pm— 7:15pm Body Conditioning 7:15pm-10pm Big League Soccer (Rental)			