

Knox County YMCA Gymnasium Schedule

Effective October 5, 2009

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
5:30-10:00 am Open Gym	6:00-7:00 am Group Fitness Class	5:30-10:00 am Open Gym	6-6:45 am Group Fitness Class	5:30-10:00 am Open Gym	6:00-7:00 am Group Fitness Class	5:30-10:00 am Open Gym	6-6:45 am Group Fitness Class	Open Gym 5:30- 8:00 am		Open Gym ** 8:00 am to 5:00 pm	Open Gym Noon to 5:00 pm
	8-10 am Group Fitness Class		8-9am Group Fitness Class					8-10 am Group Fitness Class	8-9am Group Fitness Class		
10:00-Noon Open Gym		10:00-Noon Open Gym		10:00- Noon Open Gym		10:00-Noon Open Gym		10:00-Noon Open Gym			
Noon - 1:30 PM Noonball		Noon - 5:30 PM Open Gym		Noon -1:30 PM Noonball		Noon – 5:30 pm Open Gym		Noon - 1:30 PM Noonball			
1:30-5:30 pm- Open Gym				1:30-5:30 pm- Open Gym				1:30-9:00 Open Gym			
Zumba 5:30-6:30 pm		Open Gym 5:30-6:30 pm	Group Fitness Class 5:30-6:30 pm	Open Gym 5:30-6:30 pm	Group Fitness Class 5:30 – 6:30 pm	Open Gym 5:30-6:30 pm	Group Fitness Class 5:30-6:30 pm				
Open Gym 6:30-8:00 pm		Open Gym 6:30-8:00 pm	Family 6:30-8:00 pm	Open Gym 6:30-8:00 pm		Open Gym 6:30-8:00 pm	Family 6:30-8:00 pm			RENTALS	RENTALS
8-9 pm Adult/ HS Gym		8-9 pm Adult/ HS Gym		8-9 pm Adult/ HS Gym		8-9 pm Adult/ HS Gym					

Monday-Thursday 8-9pm Open Gym is for grades 9th-12th and adults.

Please note that 8th graders and under will need to make arrangements to be picked up by 8pm Monday-Thursday unless attending Family Swim with a parent.

* Open Swim and Open Gym Times are subject to change without notice

** Saturday Open Gym Time dictated by Youth Basketball League play

*** Only half the gym will be available during schools out days