

YMCA at The Factory Gym Schedule

(schedule subject to change)

	Adult Pick-Up	Family Time	Youth Programs	Open Gym
Monday	5:30AM–7:30AM 6:30PM–8:30PM	12:00PM-1:30PM	10:30AM-12:00PM 2:00PM-6:30PM	7:30AM-9:30AM
Tuesday	5:30AM–7:30AM	6:30PM-8:30PM	9:00AM-11:00AM 2:00PM-6:30PM	7:30AM-9:00AM 11:00AM-1:30PM
Wednesday	5:30AM–7:30AM 6:30PM–8:30PM	9:00AM-1:00PM	2:00PM-6:30PM	7:30AM-9:00AM
Thursday	5:30AM–7:30AM	6:30PM-8:30PM	9:00AM-11:00AM 2:00PM-6:30PM	7:30AM-9:00AM 11:00AM-1:30PM
Friday	5:30AM–7:30AM 6:30PM–8:30PM	12:00PM–1:30PM	9:00AM-12:00PM 2:00PM-6:30PM	7:30AM-9:00AM
Saturday	8:00AM-9:30AM 12:00PM-1:30PM	2:00PM-4:45PM	10:00AM-11:30AM	
Sunday	1:30PM-3:30PM	3:30PM-5:30PM		

- The Gym is sometimes unavailable due to YMCA program usage. We will post any changes to the above schedule on our Website and at our Welcome Center.