

MOUNT DESERT ISLAND YMCA

Gym Schedule

Dates: February 22, 2010 through April 18, 2010

GYMNASIUM SCHEDULE February 22 - April 18 2010

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5 am							
6 am		AM ABS 6:30-6:50 Gym A		Group Power 6:30-7:30			
7 am		Badminton Gym 7:00-8:30 Gym A					
8 am			Cardio Step 8:00-8:30 Gym A				
9 am	Group Power 8:45-9:45 Gym A	Jazzercise 8:45-9:45 Full Gym	Group Power 8:45-9:45 Gym A	Jazzercise 8:45-9:45 Gym A & B	Zumba 8:45-9:45		
10 am	Badminton 10:00-11:30	Tiny Tot Open Gym 10:00-11:00 Gym A	Tiny Tot Open GymA 10:00-11:00	Y Preschool Gym B 10:00-10:30	Badminton Gym B 10:00-11:30		
11 am	Ready Fit 10:15-11:15 Gym A	Badminton Gym 10:00-11:30	Badminton Gym B 10:00-11:30	Badminton Gym A 10:00-11:30	Ready Fit Gym A 10:15-11:15		
12 PM	Noon Time Ball 11:30-1:00 Gym A & B	Noon Time Ball 11:30-1:00 Gym A	Noon Time Ball 11:30-1:00 Gym A & B	Noon Time Ball 11:30-1:00 Gym A & B	Noon Time Ball 11:30-1:00		
1 PM							
2 PM	High School Open Gym 2:30-3:30 Full Gym	HS Open Gym 2:30-3:30	HS Open Gym 2:30-3:30 Gym A & B	HS Open Gym 2:30-3:30 Gym A & B	HS Open gym 2:30-3:30		
3 PM	Batting Cages 3:00-5:30 Gym B	Dodegball 3:30-4:30 Gym A	Badminton 3:30-4:30 full gym	Kickball 3:30-4:30 Gym A	Floor Hockey 3:30-4:30 Full Gym		
4 PM	Boxing 4:00-4:45 Gym A	Pee Wee Cheer 3:30-4:15 Gym B	Open Gym 4:30-5:00	Pee Wee Cheer 3:30-4:15 Gym B	Open Gym		
5 PM	Group Power 5:45-6:45 Full gym	Rhythmic Gymnastics 4:15-7:00	Group Power 5:10-6:10 Full Gym	Rhythmic Gymnastics 4:15-7:00 Gym B	4:30-5:00 Boys 5/6 Team		
6 PM		Tournament Basketball 4:30-7:00 Gym A	Adult Volleyball 6:30-9:30 Full Gym	Boot Camp 4:45-5:45 Full	5:00-6:30		
7 ##		Adult League 7:00-9:00		Zumba 5:45-7:00 Gym A	COA 7:00-9:00		
8 PM				Adult League 7:00-9:00			

2/18/2010