

Original Gymnasium - Glenwood Park YMCA

| | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|----------|--------------------------------------|------|------------|---------------|------------|----------|------------|----------|-------------|----------|---------------|------|-------------------------------------|------|
| | East | West | East | West | East | West | East | West | East | West | East | West | East | West |
| 5:00 AM | | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | | | |
| 5:30 AM | | | | | | | | | | | | | | |
| 6:00 AM | | | | | | | | | | | | | | |
| 6:30 AM | | | | | | | | | | | | | | |
| 7:00 AM | | | | | | | | | | | | | | |
| 7:30 AM | O P E N G Y M | | CHILD CARE | | CHILD CARE | | CHILD CARE | | CHILD CARE | | CHILD CARE | | O P E N G Y M | |
| 8:00 AM | | | | | | | | | | | | | | |
| 8:30 AM | | | | | | | | | | | | | | |
| 9:00 AM | | | OPEN GYM | | | OPEN GYM | | OPEN GYM | | OPEN GYM | | | | |
| 9:30 AM | | | | | | | | | | | | | | |
| 9:45 AM | | | | | | | | | | | | | | |
| 10:00 AM | | | | | | | | | | | | | | |
| 10:30 AM | | | | | | | | | | | | | | |
| 11:00 AM | | | | | | | | | | | | | | |
| 11:30 AM | | | | | | | | | | | | | | |
| 12:00 PM | | | | | | | | | | | | | | |
| 12:30 PM | | | OPEN GYM | | | OPEN GYM | | OPEN GYM | | OPEN GYM | | | | |
| 1:00 PM | | | | | | | | | | | | | | |
| 1:30 PM | | | | | | | | | | | | | | |
| 2:00 PM | | | | | | | | | | | | | | |
| 2:30 PM | | | | | | | | | | | | | | |
| 3:00 PM | | | CHILD CARE | | CHILD CARE | | CHILD CARE | | CHILD CARE | | GLENWOOD PARK | | | |
| 3:30 PM | | | | | | | | | | | | | | |
| 4:00 PM | | | | | | | | | | | | | | |
| 4:30 PM | | | | | | | | | | | | | | |
| 4:45 PM | | | | | | | | | | | | | | |
| 5:00 PM | | | | | OPEN GYM | | OPEN GYM | | PLAY LEAGUE | | YMCA HOURS | | | |
| 5:30 PM | | | | | | | | | | | | | | |
| 5:45 PM | | | | | | | | | | | | | | |
| 6:00 PM | | | | | | | | | | | | | | |
| 6:15 PM | | | | | | | | | | | | | | |
| 6:30 PM | OPEN GYM | | OPEN GYM | PLAY Practice | | OPEN GYM | | | | | | | | |
| 7:00 PM | | | | | | | | | | | | | | |
| 7:30 PM | | | | | | | | | | | | | | |
| 8:00 PM | PLEASE NOTE! | | | | | | | | | | | | M - TH, 5A - 9P | |
| 8:30 PM | DOORS LOCK 30 MINS PRIOR TO CLOSE; | | | | | | | | | | | | F, 5A - 8P | |
| 9:00 PM | EVERYONE MUST EXIT BUILDING BY CLOSE | | | | | | | | | | | | SA, 7A - 5P | |
| 9:30 PM | | | | | | | | | | | | | SU, 8A - 2P | |

SCHEDULE AS OF 1/12/2026 - Schedule is subject to change.