

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	OPEN GYM						
5:30 AM														
6:00 AM														
6:30 AM														
7:00 AM														
7:30 AM														
8:00 AM	OPEN GYM		CHILD CARE	CHILD CARE	CHILD CARE	CHILD CARE	CHILD CARE	OPEN GYM						
8:30 AM														
9:00 AM														
9:30 AM														
9:45 AM														
10:00 AM														
10:30 AM														
11:00 AM														
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM														
1:30 PM														
2:00 PM														
2:30 PM			CHILD CARE	CHILD CARE	CHILD CARE	CHILD CARE	CHILD CARE	GLENWOOD PARK						
3:00 PM														
3:30 PM														
4:00 PM														
4:30 PM			OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		YMCA HOURS					
5:00 PM														
5:30 PM														
6:00 PM														
6:15 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	M - TH, 5A - 9P								
6:30 PM														
7:00 PM														
7:30 PM														
8:00 PM	PLEASE NOTE! DOORS LOCK 30 MINS PRIOR TO CLOSE; EVERYONE MUST EXIT BUILDING BY CLOSE											F, 5A - 8P		
8:30 PM														
9:00 PM														
9:30 PM														SU, 8A - 2P
SCHEDULE AS OF 8/1/2026 - Schedule is subject to change. Note - Daytime Open Gym will be available starting 8/31/26.														

SCHEDULE AS OF 8/1/2026 - Schedule is subject to change. Note - Daytime Open Gym will be available starting 8/31/26.