

Golden Triangle YMCA Family Center

Gymnasium Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
Operating Hours	5:30am - 9:00pm	5:30am - 9:00pm	5:30am - 9:00pm	5:30am - 9:00pm	5:30am - 9:00pm	8:00am - 4:00pm	11:00am - 4:00pm		
5:30am - 6:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	↓	↓		
6:00am - 7:00am	Adult Basketball Pick-up/Family Time	Boot Camp	Adult Basketball Pick-up/Family Time	Boot Camp	Adult Basketball Pick-up/Family Time				
7:00am - 8:00am	Open Gym	Open Gym	Open Gym	Open Gym					
8:00am - 9:00am	Cardio I	Open Gym	Cardio I	Open Gym	Cardio I			Open Gym	
9:00am - 10:00am	Child Development Exercise	Zumba	Child Development Exercise	Child Development Exercise	Child Development Exercise			Zumba	
10:00am - 11:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			Adult Basketball Pick-up/Family Time	
11:00am - 12:00pm	Open Gym	Open Gym	Tumbling	Open Gym	Tumbling			↓	Zumba
12:00pm - 1:00pm	Adult Basketball Pick-up	Adult Basketball Pick-up	Family Time	Adult Basketball Pick-up	Family Time				Family Time/ Youth Basketball Practice
1:00pm - 2:00pm	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up				
2:00pm - 3:00pm	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up	MS/HS Basketball Pick-up			↓	↓
3:00pm - 4:00pm	Family Time	Family Time	Family Time	Family Time	Family Time				
4:00pm - 5:00pm	Family Time	Family Time	Family Time	Family Time	Family Time				
5:00pm - 5:30pm	Family Time	Family Time	Family Time	Family Time	Family Time				
5:30pm - 6:00pm	Adult Basketball Pick-up/Family Time	Zumba	Adult Basketball League/Family Time	Zumba	Adult Soccer				
6:00pm - 6:30pm	↓	Adult Basketball Pick-up	↓	Family Time	Basketball				
6:30pm - 7:30pm		Adult Basketball Pick-up		Dodgeball					
7:30pm - 8:00pm		↓							
8:00pm - 8:30pm									
8:30pm - 9:00pm									
							Central Florida YMCA		

Mission Statement

The purpose of this Association is to improve lives of all in Central Florida by connecting individuals, families and communities with opportunities based on Christian values that strengthen Spirit, Mind and Body.