



LANDING YMCA GYMNASIUM SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SAT

OPEN GYM 5:30 - 8am		OPEN GYM 5:30 - 8am		OPEN GYM 5:30 - 8am		OPEN GYM 5:30 - 8am		CLOSED	
PICKLEBALL 8 - 9:45am		PICKLEBALL 8 - 10:00am		PICKLEBALL 8 - 10:00am		PICKLEBALL 8 - 12pm		PICKLEBALL 8 - 9:45am	
FOREVER FIT 10-11:00am		EXERCISE FOR PARKINSON'S 10 - 11am		OPEN GYM 10am - 12:30pm		PICKLEBALL 8 - 12pm		FOREVER FIT 10-11am	
THE BALANCE CLASS 11-11:30am		OPEN GYM 11am - 1:30pm						THE BALANCE CLASS 11-11:30am	
OPEN GYM 11:30am - 12:30pm		OPEN GYM 11am - 1:30pm		DROP-IN PICKLEBALL FOR BEGINNERS 12:30-2:30PM		OPEN GYM 12 - 1:30pm		OPEN GYM 11:30am - 5pm	
DROP-IN PICKLEBALL FOR EVERYONE 12:30 - 2:30pm		ROCK STEADY BOXING 1:30 - 2:30pm							
OPEN GYM 2:30pm - 4:30pm		PICKLEBALL LESSONS 2:30 - 4:00pm		OPEN GYM 2:30-4:00PM		PICKLEBALL 2:30-4:30PM		OPEN GYM 2:30-4:30PM	
PRESCHOOL BASKETBALL 4:30-5:30PM		PICKLEBALL LESSONS 4:00-5:30PM		LITTLE MOVERS 4-6:00PM		OPEN GYM 4-6:00PM		PRESCHOOL BASKETBALL 4:30-5:30PM	
OPEN GYM 4:30 - 8pm		OPEN GYM 5:30 - 8pm		ADULT PICK-UP BASKETBALL 6:00-8:00PM		OPEN GYM 5:30 - 8pm		FAMILY OPEN GYM 3 - 5pm	

Open gym times can be used for basketball, pickleball and more