# YMCA Hilltop Gym Schedule

April 12th through May 30th

| | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | EAST | WEST | EAST | WEST | EAST | WEST | EAST | WEST | EAST | WEST | EAST | WEST | EAST | WEST |
| 5:30 | **Open Gym** | | **Open Gym** | | **Open Gym** | | **Open Gym** | | **Open Gym** | | | | | |
| 5:45 | | | | | | | | | | | | | | |
| 6:00 | | | | | | | | | | | | | | |
| 6:15 | | | | | | | | | | | | | | |
| 6:30 | **5:30-9:15** | | **5:30-9:15** | | **5:30-9:15** | | **5:30-9:15** | | **5:30-9:15** | | | | | |
| 6:45 | | | | | | | | | | | | | | |
| 7:00 | | | | | | | | | | | | | | |
| 7:15 | | | | | | | | | | | | | | |
| 7:30 | | | | | | | | | | | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:15 | | | | | | | | | | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 8:45 | | | | | | | | | | | | | | |
| 9:00 | | | | | | | | | | | | | | |
| 9:15 | **Set-Up** | | **Set-Up** | | **Set-Up** | | **Set-Up** | | **Set-Up** | | Tumbletots 9:15-9:45 | | | |
| 9:30 | | | | | | | | | | | | | | |
| 9:45 | Pilates | | Silver Sneakers | | Silver Sneakers | | Silver Sneakers | | Pilates | | | | | |
| 10:00 | 9:30-10:30 | | MSROM | | Cardio Circuit | | MSROM | | 9:30-10:30 | | Tumbleweeds 9:45-10:15 | | | |
| 10:15 | | | 9:30-10:30 | | 9:30-10:30 | | 9:30-10:30 | | | | | | | |
| 10:30 | | | | | | | | | | | | | | |
| 10:45 | **Tear-Down** | | **Tear-Down** | | **Tear-Down** | | **Tear-Down** | | **Tear-Down** | | Rollers 10:30-11:15 | | | |
| 11:00 | Preschool | | Preschool | | Preschool | | Preschool | | Preschool | | | | | |
| 11:15 | 11:00-11:30 | | 11:00-11:30 | | 11:00-11:30 | | 11:00-11:30 | | 11:00-11:30 | | | | | |
| 11:30 | **Open Gym** | | **Open Gym** | | **Open Gym** | | **Open Gym** | | **Open Gym** | | Tumbling 11:15-12:00 | | | |
| 11:45 | | | | | | | | | | | | | | |
| 12:00 | **11:30-1:15** | | **11:30-1:15** | | **11:30-1:15** | | **11:30-2:15** | | **11:30-1:15** | | | | | |
| 12:15 | | | | | | | | | | | Swingers I & 2 12:00-12:45 | | | |
| 12:30 | | | | | | | | | | | | | | |
| 12:45 | | | | | | | | | | | | | | |
| 1:00 | | | | | | | | | | | **Tear-Down** | | **Open Gym** | |
| 1:30 | Preschool | | Preschool | | Preschool | | | | Preschool | | | | **1:00-5:00** | |
| 2:00 | 1:30-2:00 | | 1:30-2:00 | | 1:30-2:00 | | | | 1:30-2:00 | | | | | |
| 2:15 | **Set-Up** | | **Set-Up** | | **Set-Up** | | **Set-Up** | | **Set-Up** | | | | | |
| 2:30 | Teens | | Teens | | Teens | | Teens | | Teens | | | | | |
| 2:45 | | | | | | | | | | | | | | |
| 3:00 | | | | | | | | | | | **Open Gym** | | | |
| 3:30 | 2:30-5:15 | | 2:30-5:30 | | 2:30-5:30 | | 2:30-5:15 | | 2:30-5:30 | | **1:00 - 6:00** | | | |
| 4:00 | | | | | | | | | | | | | | |
| 4:30 | | | | | | | | | | | | | | |
| 5:00 | | | | | | HS Hoops 5:00--6:00 | | | | | **GYM CLOSED:** April 24th | | | |
| 5:15 | **Set-Up** | | | | | | **Set-Up** | | | | | | | |
| 5:30 | Tumbleweeds | | **Open Gym** | | | | Swingers2 Rollers | | **Open Gym** | | | | | |
| 5:45 | 5:30-6:15 | | **5:30-6:00** | | | | 5:30-6:15 | | **5:30-6:00** | | | | | |
| 6:00 | | | | | **Open Gym** | | Tumbletots | | Tae Kwon Do | | | | | |
| 6:15 | | | Pee Wee | | **5:30-6:20** | | Tumbleweeds | | | | | | | |
| 6:30 | Rollers | | Class | | Ballet | | 6:15-7:00 | | 6:00-7:00 | | | | | |
| 6:45 | 6:15-7:00 | | 6:00-7:00 | | 6:20-7:00 | | | | | | | | | |
| 7:00 | **Tear-Down** | | **Tear-Down** | | **Tear-Down** | | **Tear-Down** | | **Family Gym** | | | | | |
| 7:15 | | | | | | | | | **7:00--** | | | | | |
| 7:30 | Kickbox | | Boot Camp Fit. | | Tone & Strength | | Pilates | | **8:00** | Family Night 7:30--9:00 | | | | |
| 7:45 | 7:15-8:15 | | 7:15-8:15 | | 7:15-8:15 | | 7:15-8:15 | | | | | | | |
| 8:00 | | | | | | | | | | | | | | |
| 8:15 | **Tear-Down** | | **Tear-Down** | | **Tear-Down** | | **Tear-Down** | | | | | | | |
| 8:30 | | | | | | | | | | | | | | |
| 8:45 | **Open Gym** | | **Open Gym** | | **Open Gym** | | **Open Gym** | | | | | | | |
| 9:00 | **8:30- 9:30** | | **8:30- 9:30** | | **8:30- 9:30** | | **8:30- 9:30** | | **Open Gym** | | | | | |
| 9:15 | | | | | | | | | **8:00-9:30** | | | | | |
| 9:30 | | | | | | | | | | | | | | |

**Gym will be CLOSED for Special Events:**

Saturday, April 24th (9:00-2:00pm)--Healthy Kids Day

*** SCHEDULE SUBJECT TO CHANGE.**