



YMCA Alexandria Gymnasium Schedule

Schedule is subject to change based on special events. Check branch for current up-dates.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	Open Gym	6:00am - 10:30am TNT Ballet/Tap 11:15am - 12:00pm 12:15pm Cycle (45min)	6am - 7am Cycle (Mary) Open Gym	6:00am - 10:30amTNT Gymnastics 10:15am-11:00am 11:15am-12:00pm 12:15pm Cycle (45min)	6am - 7am Cycle (Mary) Open Gym	Open Gym until 10am Gymnastics 10:15am-11:00am 11:15am-12:00pm Open Gym	9:00am Cycle (45 min) Nancy
		<div style="border: 2px dashed black; padding: 10px;"> <p style="font-size: 24px; font-weight: bold; text-align: center;">12:30pm-3:30pm</p> <p style="font-size: 24px; font-weight: bold; text-align: center;">Commonwealth Academy</p> </div>					10:30am-12:30pm Ju-Jitsu 12:30-1:30pm Gymnastics 1:30pm-2:30pm Gymnastics
	^1:30pm-2:30pm Reservation Slot <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p style="font-size: 24px; font-weight: bold;">Open Gym</p> </div> ^3:30pm-4:30pm Reservation Slot	After-School 4:15pm-5:30pm 6:30pm Cycle (45 min) Susan B. 8:00pm-10:00pm PICK UP BALL	After School 4:15p-5:00p 5:00pm-6:10pm Youth Basket- 6:15pm-7:15pm Youth Martial 7:00pm-8:30pm Shotokan Karate 8:30pm-10:00pm Open Gym	After School 4:15pm - 5:30pm 6:30pm Cycle (45 min) Susan B. 8:00pm-10:00pm PICK UP BALL	After School 4:15pm-5:30pm 7:00pm-8:30pm Shotokan Karate 8:30pm-10:00pm Open Gym	Basketball League 5:00pm - 8:00pm Open Gym 8:30pm—10pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p style="font-size: 24px; font-weight: bold;">Open Gym</p> </div>
10:00pm	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p style="font-size: 24px; font-weight: bold;">Open Gym</p> </div>						<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p style="font-size: 24px; font-weight: bold;">Open Gym</p> </div>

*Only if bad weather
^Only if reserved in advance

