



JACKSON YMCA NORTH GYM SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN			
5 AM	5 AM-6:30 AM Sports: Open Pickleball					YMCA Opens 7 AM	YMCA Opens 11 AM			
6 AM	6:30 AM-8 AM Sports: Open Basketball							Open Gym		
7 AM	8 AM-10:30 AM Sports: Open Pickleball					Group Ex Bootcamp				
8 AM	10:30 AM - 12 PM Open Gym					Open Gym				
9 AM	12 PM - 1:15 PM Sports: Basketball					9:30 AM -12:30 AM Youth Sports	11 AM - 3PM Open Gym			
10 AM	Group Ex: AMPD							12:30 PM - 5PM Open Gym		
11 AM	<p style="text-align: center;">1:15 PM - 8PM Open Gym</p>					YMCA Closes 5 PM			YMCA Closes 3 PM	
12 PM										
1 PM										
2 PM										
3 PM										
4 PM										
5 PM										
6 PM										
7 PM										
8 PM										

*Schedule subject to change weekly. Check schedule by doors for more information.



2024



JACKSON YMCA SOUTH GYM SCHEDULE

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5 AM	Court Opens 5 AM		Group Ex Begins 5:30 AM			YMCA Opens 7 AM	YMCA Opens 11 AM
6 AM	Group Ex: Spin	Group Ex: TRX	Open Gym	Group Ex: TRX	Group Ex: Strength/Balance		
7 AM	6:30 AM-8 AM Sports: Open Basketball				6:30 AM -8:30 AM Open Gym		
8 AM	8 AM-12 PM Open Gym				Group Ex. Spin		
9 AM							
10 AM							
11 AM					9:30 AM -12 PM Open Gym		
12 PM	12 PM - 1:15 PM Sports: Basketball		Group Ex: Spin		12 PM - 1:15 PM Sports: Basketball	7 AM - 5 PM Open Gym	11 AM - 12:30PM Open Gym
1 PM							Group Ex: Bootcamp
2 PM				1:15 PM - 5PM Open Gym			1:30 PM - 3PM Open Gym
3 PM	1:15 PM - 5:15 PM Open Gym	1 PM - 6:30 PM Open Gym	1:15 PM - 5:30 PM Open Gym				
4 PM							
5 PM	Group Ex: TRX					YMCA Closes 5 PM	YMCA Closes 3 PM
6 PM					5 PM-8 PM Southside Gym Sports: Open Basketball		
7 PM	6:30 AM-8PM Sports: Open Basketball						
8 PM							

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