



GYM SCHEDULES

Kettle Moraine YMCA - Feith Family Branch

Winter 2: Monday, March 1 - Sunday, Apr. 24, 2021

NORTH GYM

Monday

| | |
|-------------------|--------------------------------|
| 5:00am - 6:00am | OPEN GYM |
| 6:00am - 7:00am | Adult Morning Hoops (Ages 18+) |
| 7:00am - 10:30am | OPEN GYM |
| 10:30am - 11:15am | 4K Phy. Ed. / ECC |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:20pm - 3:30pm | Adult Pickleball (3 courts) |
| 3:30pm - 5:00pm | 4K Phy. Ed. / ECC |
| 5:00pm - 10:00pm | OPEN GYM |

Tuesday

| | |
|-------------------|-----------------------------|
| 5:00am - 10:30am | OPEN GYM |
| 10:30am - 11:15am | 4K Phy. Ed. / ECC |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:15pm - 3:30pm | OPEN GYM |
| 3:30pm - 5:00pm | 4K Phy. Ed. / ECC |
| 5:00pm - 10:00pm | OPEN GYM |

Wednesday

| | |
|-------------------|--------------------------------|
| 5:00am - 6:00am | OPEN GYM |
| 6:00am - 7:00am | Adult Morning Hoops (Ages 18+) |
| 7:00am - 10:30am | OPEN GYM |
| 10:30am - 11:15am | 4K Phy. Ed. / ECC |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:20pm - 3:30pm | Adult Pickleball (3 courts) |
| 3:30pm - 5:00pm | 4K Phy. Ed. / ECC |
| 5:00pm - 10:00pm | OPEN GYM |

Thursday

| | |
|-------------------|-----------------------------|
| 5:00am - 9:15am | OPEN GYM |
| 9:15am - 10:30am | Youth Sports Programming |
| 10:30am - 11:15am | 4K Phy. Ed./ECC |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:30pm - 2:30pm | Y Gym and Swim |
| 2:30pm - 3:30pm | OPEN GYM |
| 3:30pm - 5:00pm | 4K Phy. Ed./ECC |
| 5:00pm - 10:00pm | OPEN GYM |

Friday

| | |
|-------------------|--------------------------------|
| 5:00am - 6:00am | OPEN GYM |
| 6:00am - 7:00am | Adult Morning Hoops (Ages 18+) |
| 7:00am - 9:00am | OPEN GYM |
| 9:00am - 9:30am | Youth Sports Programming |
| 9:30am - 10:30am | OPEN GYM |
| 10:30am - 11:15am | 4k Phy. Ed./ECC |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:20pm - 3:30pm | Adult Pickleball (3 courts) |
| 3:30pm - 5:00pm | 4k Phy. Ed./ECC |
| 5:00pm - 9:00pm | OPEN GYM |

Saturday

| | |
|------------------|--------------------------|
| 6:00am - 8:45am | OPEN GYM |
| 8:45am - 11:00am | Youth Sports Programming |
| 11:00am - 6:00pm | OPEN GYM |

Sunday

| | |
|-----------------|-----------------------|
| 7:00am - 1:30pm | OPEN GYM |
| 1:30pm - 3:30pm | Adult Open Volleyball |
| 3:30pm - 4:00pm | OPEN GYM |

SOUTH GYM

Monday

| | |
|------------------|--------------------------------|
| 5:15am - 6:00am | Pscycle Bootcamp |
| 6:00am - 7:00am | Adult Morning Hoops (Ages 18+) |
| 7:00am - 9:00am | OPEN GYM |
| 9:00am - 9:45am | BodyPump |
| 9:45am - 11:30am | OPEN GYM |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:20pm - 3:30pm | Adult Pickleball (3 courts) |
| 3:30pm - 6:00pm | OPEN GYM |
| 6:00pm - 7:00pm | BodyPump |
| 7:00pm - 10:00pm | OPEN GYM |

Tuesday

| | |
|------------------|-----------------------------|
| 5:15am - 6:00am | Group Cycling |
| 6:00am - 11:30am | OPEN GYM |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:15pm - 10:00pm | OPEN GYM |

Wednesday

| | |
|-------------------|--------------------------------|
| 5:00am - 6:00am | OPEN GYM |
| 6:00am - 7:00am | Adult Morning Hoops (Ages 18+) |
| 7:00am - 9:00am | OPEN GYM |
| 9:00am - 10:00am | BodyPump |
| 10:00am - 11:30am | OPEN GYM |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:20pm - 3:30pm | Adult Pickleball (3 courts) |
| 3:30pm - 10:00pm | OPEN GYM |

Thursday

| | |
|------------------|-----------------------------|
| 5:15am - 6:00am | Group Cycling |
| 6:00am - 11:30am | OPEN GYM |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:30pm - 2:30pm | Y Gym and Swim |
| 2:30pm - 10:00pm | OPEN GYM |

Friday

| | |
|------------------|--------------------------------|
| 5:15am - 6:00am | Pscycle Bootcamp |
| 6:00am - 7:00am | Adult Morning Hoops (Ages 18+) |
| 7:00am - 8:00am | OPEN GYM |
| 8:00am - 8:45am | BodyPump |
| 8:45am - 11:30am | OPEN GYM |
| 11:30am - 1:15pm | Adult Noon Hoops (Ages 18+) |
| 1:20pm - 3:30pm | Adult Pickleball (3 courts) |
| 3:30pm - 9:00pm | OPEN GYM |

Saturday

| | |
|------------------|--------------------------|
| 6:00am - 8:00am | OPEN GYM |
| 8:00am - 8:45am | Group Cycling |
| 8:45am - 11:00am | Youth Sports Programming |
| 11:00am - 6:00pm | OPEN GYM |

Sunday

| | |
|-----------------|-----------------|
| 7:00am - 4:00pm | OPEN GYM |
|-----------------|-----------------|

- **The Gym schedules are subject to change.**
- Members are asked to practice social distancing.
- **OPEN GYM:** All ages welcome, please bring own equipment, NO full court games allowed.
- Adult Pickleball: YMCA will provide nets, must bring own pickleball paddle and ball.
- Staff may set up prior to a program start time.
- Facility Age Policy
 - Youth ages 10 and up are allowed in the facility without a supervising individual.
 - Youth ages 8-9 must be accompanied by a supervising individual (16+) who is present in the building.
 - Youth ages 7 and under must be accompanied by a supervising individual (16+) at all times.