

CORTLAND YMCA GYM SCHEDULE

effective 11/11/2021

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Y opens at 6:30	YMCA Closed
6:00						Y opens at 6:30	
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30						Open Gym	
10:00	Pickleball		Pickleball		Pickleball		
10:30							
11:00	CAPCO						
11:30	CAPCO						
12:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	YMCA CLOSSES AT 1	
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00		Yoga (No Open Gym)					
5:30		Yoga (No Open Gym)					
6:00		Yoga (No Open Gym)					
6:30		Open Gym					
7:00		Open Gym					
7:30		Open Gym					
8:00	Y Closes at 8:00 PM				Y Closes at 6:30 PM		
8:30	Y Closes at 8:00 PM				Y Closes at 6:30 PM		
9:00	Y Closes at 8:00 PM				Y Closes at 6:30 PM		
9:30	Y Closes at 8:00 PM				Y Closes at 6:30 PM		



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FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY