



Middletown YMCA  
Gym Schedule  
(April 2010)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
5:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6:00 AM	<i>Whole gym is open</i>	<i>Whole gym is open</i>	<i>Whole gym is open</i>	<i>Whole gym is open</i>	<i>Whole gym is open</i>		
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM						Open Gym	
8:30 AM						<i>Whole gym is open</i>	
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	Noon Time B-Ball	Noon Time B-Ball	Noon Time B-Ball	Noon Time B-Ball	Noon Time B-Ball		
12:30 PM	<i>Half the gym is open</i>	<i>Half the gym is open</i>	<i>Half the gym is open</i>	<i>Half the gym is open</i>	<i>Half the gym is open</i>		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
3:30 PM	<i>Whole gym is open</i>	<i>Whole gym is open</i>	<i>Whole gym is open</i>	<i>Whole gym is open</i>	<i>Whole gym is open</i>		
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							