Robert Lee YMCA

Gymnasium Schedule – Updated Sept 8, 2025

Room Guide: (G) Full Gym - (W) West Gym - (E) East Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING and AFTERNOON						
Open Gym (E) 5:30-8:45AM	**Open Gym** (E) 5:30AM-4PM	**Open Gym** (E) 5:30am-9AM	**Open Gym** (E) 5:30AM-4PM	**Open Gym** (F) 5:30-10:15AM	**Open Gym** (E) 7-11:30AM	**Open Gym** (F) 7-9AM
Open Gym (W) 5:30-8:45AM	**Open Gym** (W) 5:30-6:15AM	**Open Gym** (W) 5:30-7AM	**Badminton** (W) 6:15-7:45AM	**Group Fitness**(F) 10:30-11:45AM	**Open Gym** (W) 7-8AM	**Group Fitness** (F) 9:30-10:30AM
Group Fitness (W) 9-10AM	**Group Fitness** (W) 6:30-7:30AM	**Group Fitness** (F) 9-10AM	**Open Gym** (W) 8-8:45am	**Group Fitness** (W) 12pm-1PM	**Group Fitness** (W) 8:15-11:30AM	**Group Fitness** (W) 10:45-11:30AM
Indoor Family Playground (E) 9-12:30PM	**Open Gym** (W) 7:45-8:45AM	**Open Gym** (E) 10:15AM-6:30PM	**Group Fitness** (W) 9-11AM	**Open Gym** (W) 1:15-4:15PM	**Badminton** (F) 11:45-2PM	**Badminton** (F) 11:45-2PM
Group Fitness (W) 11:15-1:30PM	**Group Fitness** (W) 9-10AM	**Open Gym** (W) 10:15-5:15PM	**Open Gym** (W) 11:15-12PM	**Open Gym** (E) 12-4:30PM	**Birthday Party** (F) 2-4:30PM *(If scheduled*)*	**Birthday Party** (F) 2-4:30PM *(If scheduled*)*
Open Gym (W) 1:45pm-4PM	**Group Fitness** (W) 1:15-2PM		**Beginner Volleyball** (W) 1:15-3PM	**Group Fitness** (W) 4:15 –6:45PM	**Open Gym** (F) 4:45-6:45PM	
Open Gym(E) 12:45-4PM						
EVENING						
Kid's Futsal (E) 4:15-5PM	**Badminton** (W) 2:15-3:45PM	**Group Fitness** (W) 5:15-8PM	**Group Fitness** (W) 3:15-6:45PM	**Group Fitness** (E) 4:45-5:45PM	**Group Fitness** (W) 6:45-8PM	**Intermediate/ Adv. Volleyball** (F) 4:45-8PM
Group Fitness(W) 4:15-5:15PM	**Group Fitness** (F) 5:15-6:30PM	**Group Fitness** (E) 6:45-7:45PM	**Group Fitness** (E) 4-6:15PM	**Beginner Volleyball** (F) 7-8:30PM	**Basketball** (E) 7-8:45PM	**Open Gym** (E) 8:15-8:45PM
Open Gym (F) 5:15-5:45PM	**Futsal** (F) 6:45-8:15PM	**Indoor Hockey** (F) 8-9:30PM	**Group Fitness** (F) 5:15-8PM	**Intermediate/ Adv. Volleyball** (F) 8:45-10:15PM		
Group Fitness (F) 6-8PM	**Basketball** (E) 8:30-10:15PM		**Futsal** (F) 8:15-9:45PM			
Basketball(F) 8:15-10:15PM	**Intermediate Adv. Volleyball** (W) 8:30-10:15PM					