Robert Lee YMCA

Gymnasium Schedule – Updated Mar 9th, 2026

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** (G) 5:30-10:15am	**Open Gym** (E) 7-11:30am	**Open Gym** (G) 7-9am
Badminton (W)6:15 to 7:45am	**Open Gym** (W) 5:30-10:30am	**Open Gym** (W) 5:30-7am	**Badminton** (W) 6:15-7:45am	**Group Fitness** (G) 10:30-11:45am	**Open Gym** (W) 7-8am	**Group Fitness** (G) 9:30-10:30am
Group Fitness (W) 8:30-9:30am	**Group Fitness** (W) 10:45-1pm	**Group Fitness** (G) 9-10am	**Open Gym** (W) 8-10:45am	**Open Gym** (W) 12-4:15pm	**Group Fitness** (W) 8:15-11:30am	**Group Fitness** (W) 10:45-11:30am
Group Fitness (W)11:15-1:30pm	**Badminton** (W) 2:15-3:45pm	**Open Gym** (E) 10:15am-5:15pm	**Group Fitness** (W) 11am-1pm	**Open Gym** (E) 12-4:30pm	**Badminton** (G) 11:45-1:45pm	**Basketball** (E) 10:45-11:30am
Open Gym (W) 1:45pm-4pm		**Open Gym** (W) 10:15-5:15pm	**Open Gym** (W)1:15-4pm	**Group Fitness** (W) 4:30 –6:45pm	**Open Gym** (G) 2-6pm	**Badminton** (G) 11:45-2pm
Open Gym (E) 12:45-4pm				**Open Gym** (E) 4:45-6:45pm		**Birthday Party** (G) 2:30-4:30pm *(If scheduled*)*
EVENING						
Kid's Futsal (E) 4:15-5:15pm	**Group Fitness** (G)4 - 6:30pm	**Group Fitness** (G) 5:15-8pm	**Group Fitness** (W) 4:15-6:45pm	**Beginner/Intermediate Volleyball** (G) 7-8:30pm	**Basketball** (G) 6:15-8:45pm	**Intermediate/ Adv. Volleyball** (G) 4:45-6:15pm
Group Fitness (W) 4:15-5:15pm	**Futsal** (F) 6:45-8:15pm	**Floor Hockey** (W) 8-9:30pm	**Kid's Basketball** (E)4:15 to 5:15 pm	**Intermediate/Advanced Volleyball** (G) 8:45-10pm		**Advanced Volleyball** (G)6:30 to 8pm
Group Fitness (G) 6-7pm	**Basketball** (E) 8:30-10:15pm	**Basketball** (E) 8 to 10pm	**Group Fitness** (G) 5:30-8pm			
Open Gym (E)7:15 to 8pm	**Advanced Volleyball** (W) 8:30-10:15pm		**Advanced Futsal** (W) 8:15-9:45pm			
Basketball (G) 8:15-10:15pm			**Basketball** (E)8:15 to 10pm			