

Gym Schedule

MARCH 2025

Johnston YMCA	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am - 7:00am	Open Gym	Open Gym	6:30 - 7:15 am Strength & Conditioning	Open Gym	Open Gym		
7:00am - 8:00am	Open Gym	Open Gym	Starting 7:30 am Open Gym	Open Gym	Open Gym		
8:00am - 9:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
10:00am - 11:00am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
11:00am - 12:00pm	Lunch Pick Up	Open Gym	Lunch Pick Up	Open Gym	Lunch Pick Up	Open Gym	
12:00pm - 1:00pm	Lunch Pick Up	Open Gym	Lunch Pick Up	Open Gym	Lunch Pick Up	Open Gym	Open Gym
1:00pm - 2:00pm	Lunch Pick Up	Open Gym	Lunch Pick Up	Open Gym	Lunch Pick Up	Open Gym	Open Gym
2:00pm - 3:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
3:00pm - 4:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
4:00pm - 5:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
5:00pm - 6:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6:00pm - 7:00pm	Evening Pick Up	Adult Basketball League	Evening Pick Up	Adult Basketball League	Evening Pick Up		
7:00pm - 8:00pm	Evening Pick Up	Adult Basketball League	Evening Pick Up	Adult Basketball League	Evening Pick Up		
8:00pm - 9:00pm	Evening Pick Up	Adult Basketball League	Evening Pick Up	Adult Basketball League	Evening Pick Up		

Light green 3 evening pick up

Light blue 2 Adult league

Light purple 2 lunch pick up