



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# BASKETBALL COURT SCHEDULE

YMCA OF SOUTHERN WEST VIRGINIA  
 SEPTEMBER 2020

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6:00-8:00AM Open Court	6:00-10:00AM Open Court	6:00-8:00AM Open Court	6:00-8:00AM Open Court	6:00-8:00AM Open Court	6:00-8:30AM Open Court	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM							
8:30 AM	8:30-10:00AM Cardio Toning		8:30-10:00AM Cardio Toning	8:30 - 9:30AM Strong Nation	8:30-10:00 Step Toning	9:00 - 10:00AM Strong Nation	
9:00 AM							
9:30 AM							
10:00 AM	10:00 - 11:00AM Strong Nation		10:00 - 11:00AM Zumba	10:00AM - 4:00PM Open Court	10:30AM - 4:00PM Open Court	10:00 - 11:00AM Zumba	
10:30 AM		10:30 - 11:30AM Strength Fusion					
11:00 AM			11:00AM - 12:00PM Bootcamp				
11:30 AM							
12:00 PM	11:30AM - 4:00PM Open Court	12:00 - 4:00PM Open Court	12:30 - 4:00PM Open Court			11:30AM - 4:00PM Open Court	
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
4:45 PM	4:45 - 5:45PM Zumba	4:30 - 5:30PM Les Mills Body Pump	4:30 - 5:30PM Teen Zumba	4:30 - 5:30 Les Mills Body Pump	4:45 - 5:45PM Zumba		
5:00 PM							
5:30 PM			5:30 - 6:30 PM Zumba				
6:00 PM							
6:30 PM	6:00 - 8:00PM Open Court	6:00 - 8:00PM Open Court	7:00-8:00PM Open Court	6:00 - 8:00PM Open Court	6:00 - 8:00PM Open Court		
7:00 PM							
7:30 PM							
8:00 PM							