White Bear Lake Area YMCA

GYM SCHEDULE

6/2/2025 -6/22/2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Court 1 Court 2	Court 1 Court 2	Court 1 Court 2	Court 1 Court 2	Court 1 Court 2	Court 1 Court 2	Court 1 Court 2
	North Gym South Gym	North Gym South Gym	North Gym South Gym	North Gym South Gym	North Gym South Gym	North Gym South Gym	North Gym South Gym
5:00							
5:30						CLOSED	CLOSED
6:00							
6:30	Open Gym 5:00AM-9:15AM		Open Gym 5:00AM-9:15AM				
7:00	5:00AW-9:15AW	Open Gym 5:00AM-10:00AM	5:00AM-9:15AM		Open Gym 5:00AM-10:15AM		
7:30 8:00		5.00AIVI-10.00AIVI			5.00AIVI-10.15AIVI		
8:00							
9:00	CHAIR SET UP 9:15AM-9:45AM		CHAIR SET UP 9:15AM-9:45AM				Catalyst Church
9:30							7:00 AM-12:00PM
10:00	Foreverwell Strength	CHAIR SET UP 10:00AM-10:30AM	Silver Sneakers Classic		CHAIR SET UP 10:15AM-10:45AM		
10:30	9:45AM-10:30AM	Chair Yoga	9:45AM-10:30AM				
11:00		10:30AM-11:15AM			Silver Sneakers Circuit 10:45AM-11:30AM		
11:30					10.45AIVI-11.50AIVI	0	
12:00	Open Gym		Open Gym	Open Gym 5:00AM-8:50PM	Chair Yoga	Open Gym 7:00AM-4:50PM	
12:30					11:45M-12:30PM		
1:00							
1:30							
2:00	10:45AM-5:30PM		10:45AM-5:30PM				Open Gym
2:30							12:15PM-4:50PM
3:00							
3:30		Open Gym					
4:00 4:30		11:30PM-8:50PM					
5:00		12.00 0.00			Open Gym		
5:30					12:45PM-8:50PM		
6:00							
6:30							
7:00	YMCA Basketball Class		YMCA Basketball Class			CLOSED	CLOSED
7:30	5:30PM- 8:50PM		5:30PM- 8:50PM				
8:00							
8:30							
9:00							

Gym Schedule is subject to change, due to events, weather, and programming There could be last minute adjustments to the gym schedule.

Last Updated:

6/2/2025