



White Bear Lake Area YMCA GYM SCHEDULE

4/21/2025 -5/25/2025

	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	Open Gym 5:00AM-7:00AM		Open Gym 5:00AM-7:00AM		Open Gym 5:00AM-7:00AM		Open Gym 5:00AM-7:00AM		Open Gym 5:00AM-7:00AM		CLOSED		CLOSED	
5:30														
6:00														
6:30														
7:00	Pickleball 7:00 AM-9:00 AM <i>Please Share the Courts</i>		Pickleball 7:00 AM-9:00 AM <i>Please Share the Courts</i>		Pickleball 7:00 AM-9:00 AM <i>Please Share the Courts</i>		Pickleball 7:00 AM-9:00 AM <i>Please Share the Courts</i>		Pickleball 7:00 AM-9:00 AM <i>Please Share the Courts</i>				Catalyst Church 7:00 AM-12:00PM	
7:30														
8:00	CHAIR SET UP 9:15AM-9:45AM		9:00 AM-10:00AM Open Gym		CHAIR SET UP 9:15AM-9:45AM				9:00 AM-10:15 AM Open Gym					
8:30	Foreverwell Strength 9:45AM-10:30AM		CHAIR SET UP 10:00AM-10:30AM		Silver Sneakers Classic 9:45AM-10:30AM		9:00 AM-12:00 PM Open Gym		CHAIR SET UP 10:15AM-10:45AM					
9:00			Chair Yoga 10:30AM-11:15AM						Silver Sneakers Circuit 10:45AM-11:30AM					
9:30									Chair Yoga 11:45M-12:30PM					
10:00	Open Gym 10:45AM 11:45AM				Open Gym 10:45AM-5:30PM		Beginners Pickleball 12PM-1:30 PM <i>Please Share the Courts</i> Intermediate/Advance Pickleball 1:30PM-3:00PM				Open Gym 7:00AM-5:00PM			
10:30														
11:00														
11:30														
12:00														
12:30														
1:00														
1:30														
2:00														
2:30														
3:00														
3:30	Open Gym 3:15PM-5:30 PM													
4:00														
4:30														
5:00														
5:30	YMCA Basketball Class 5:30PM- 8:50PM		Open Gym 3:15PM-8:50 PM		YMCA Basketball Class 5:30PM- 8:50PM		Open Gym 3:15PM-8:50PM		Open Gym 12:45PM-8:50PM					
6:00														
6:30														
7:00											CLOSED		CLOSED	
7:30														
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: 4/21/2025