



Orokawa Family Center Y - SIDE A (far) Gymnasium Schedule

April 28 - May 31

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------------|------------------------|----------------------------------|---------------------------|----------------------------------|---------------------|--------------------------|
| 5:30am | | Aerobics 5:30-7:00 | | Aerobics 5:30-7:00 | | Aerobics 5:30-7:00 | |
| 6:00am | | | | | | | |
| 6:30am | | | | | | | |
| 7:00am | | Open Gym 7:00-8:25 | Open Gym 5:30-9:15 | Open Gym 7:00-8:25 | Open Gym 5:30-9:00 | Open Gym 7:00-8:25 | |
| 7:30am | | | | | | | |
| 8:00am | | | | | | | |
| 8:30am | | | | | | | Open Gym 7:00-10:15 |
| 9:00am | | Aerobics 8:25-10:30 | Aerobics 9:15-10:45 | Aerobics 8:25-11:00 | Aerobics 9:00-11:00 | Aerobics 8:25-10:45 | |
| 9:30am | | | | | | | |
| 10:00am | | | | | | | |
| 10:30am | | Open Gym 10:30-11:45 | | | | | |
| 11:00am | | | Lunch Time Bball 10:45-1:30 | Sports 11:00-11:45 | | | Martial Arts 10:15-12:15 |
| 11:30am | | | | | Lunch Time Bball 11:00-1:30 | | |
| 12:00pm | Open Gym 8:00-4:30 | Aerobics 11:45-1:35 | | | | | |
| 12:30pm | | | | | | | |
| 1:00pm | | | | | | | |
| 1:30pm | | | | | | Open Gym 10:45-8:15 | Open Gym 12:15-4:30 |
| 2:00pm | | | Open Gym 1:30-4:45 | Open Gym 11:45-5:00 | Open Gym 1:30-4:45 | | |
| 2:30pm | | | | | | | |
| 3:00pm | | Open Gym 1:35-5:15 | | | | | |
| 3:30pm | | | | | | | |
| 4:00pm | | | | | | | |
| 4:30pm | | | | | | | |
| 5:00pm | Pick Up 4:30-6:45 | | | | | | Pick Up 4:30-6:45 |
| 5:30pm | | | | | | Sports 5:45-6:45 | |
| 6:00pm | | | Aerobics/ Martial Arts 4:45-9:00 | Aerobics/ Y Fit 5:00-8:15 | Aerobics/ Martial Arts 4:45-9:00 | Open Gym 6:45-8:15 | |
| 6:30pm | | Martial Arts 6:30-8:30 | | | | | |
| 7:00pm | | | | | | | |
| 7:30pm | | | | | | | |
| 8:00pm | | | | | | | |
| 8:30pm | | Pick Up 8:30-9:45 | Pick Up 9:00-9:45 | Pick Up 8:15-9:45 | Pick up 9:00-9:45 | Pick Up 8:15-9:45 | |
| 9:00pm | | | | | | | |
| 9:30pm | | | | | | | |

The Y reserves the right to change this schedule at any time for special or emergency events