



PAWTUCKET FAMILY YMCA Spring EXTREME GYM SCHEDULE Feb 21st - Apr 2nd

PLEASE NOTE EXTREME GYM TIMES & SCHEDULE ARE SUBJECT TO CHANGE!

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	Gym Opens 7:00 AM	Gym Opens 5:30 AM	Gym Opens 5:30 AM	Gym Opens 5:30 AM	Gym Opens 5:30 AM	Gym Opens 5:30 AM	Gym Opens 7:00 AM
6:00 AM							
7:00	Open Extreme GYM 7:00 AM to 3:30 PM	Open Extreme GYM 5:30 AM to 2:30 PM	Open Extreme GYM 5:30 AM to 2:30 PM	Open Extreme GYM 5:30 AM to 2:30 PM	Open Extreme GYM 5:30 AM to 2:30 PM	Open Extreme GYM 5:30 AM to 2:30 PM	Open Extreme GYM 7:00 AM to 4:30 PM
8:00							
9:00							
10:00							
11:00							
12:00 Noon							
1:00							
2:00							
3:00							
4:00							
5:00	Gym Closes @ 3:30	Child Care	Child Care	Child Care	Child Care	Child Care	Gym Closes @ 4:30
6:00		2:30 - 5:30	2:30 - 5:30	2:30 - 5:30	2:30 - 6:00	2:30 - 6:00	
7:00		Karate	Karate	Karate	Child Watch 6:00 - 7:00	Open Extreme Gym 6:00 - 8:30	
8:00		5:30 - 7:30	5:30 - 7:30	5:30 - 7:30	Open Extreme Gym 7:00 - 8:30		
8:30		Open 7:30 - 8:30	Open 7:30 - 8:30	Open 7:30 - 8:30			
		Gym Closes @ 8:30	Gym Closes @ 8:30	Gym Closes @ 8:30	Gym Closes @ 8:30	Gym Closes @ 8:30	