

## SALT FORK YMCA GYM SCHEDULE January 2025

FOR YOUTH DEVELOPMENT® FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY

	MON	ONDAY TUESDAY			WEDN	WEDNESDAY THURSDAY			FRIDAY		SAT.	SUN.
	East	West	East	West	East	West	East	West	East	West		
5:00												
5:30												
6:00												
6:30												
7:00												
7:30												
8:00												
8:30												
9:00											-	
9:30												
10:00												
10:30												
11:00											Volleyball Games	
11:30												
12:00												
12:30												
1:00												
1:30		Pickleball		Pickleball		Pickleball		Pickleball				
2:00	FICKI	rickieban										
2:30												
3:00												
3:30												
4:00												
4:30											Adult Futsal	
5:00											League	
5:30	Closed		Closed		Closed		Closed			Volleyball Practice		
6:00	Gymnastics	Volleyball	Gymnastics	Volleyball	Gymnastics	Volleyball	Gymnastics	Volleyball				
6:30		Practice		Practice		Practice		Practice				
7:00												
7:30												
8:00												
8:30												
9:00												