

Small Gym Schedule Spring II (4/15/12-6/9/12)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am – 9:30am Open Gym	5:00am – 10:00am Open Gym	5:00am – 9:00am Open Gym	5:00 am – 10:00 am Open Gym	5:00 am- 11:30am Open Gym	5:00am – 10:00am Open Gym	5:30am- 9:15am Open Gym
9:30am-10:30am Pilates	10:00 am-11:00 am Step	9:15 am-10:00 am Tiny Tot Soccer	10:00 am - 11:00 am Step		10:00 am - 11:00 am Cardio Burn	
10:30am-12pm IPY Basketball	11:30 am-12:30pm Silver Sneakers	10:00 am-11:00 am Cardio Burn	11:30am -12:15pm Silver Sneakers	11:30 am- 12:15pm Silver Sneakers	11:15am-12:00pm Tiny Tot Basketball	9:25 am-10:15 am Family TKD
12pm-3:00pm Family Open Gym	12:30 pm-2:00 pm Open Gym	11:30 am- 12:15 pm Silver Sneakers	12:15 am – 4:00 pm Open Gym	12:30pm-3:00pm Open Gym	12:00 pm-3:30 pm Open Gym	10:25 am- 11:25 am Traditional Weapons
3:00pm-6:00pm Open Gym/Gym Rentals		12:15 pm-3:00pm Open Gym				11:30 am-12:25 pm Youth Intermediate & Advanced TKD
	2:00pm-5pm Family Open Gym	3:00-4:30pm Afterschool		3:00 -4:30pm Afterschool	3:30-4:55pm Family Open Gym	12:30 pm-1:25 pm Youth Beginners TKD
	5:05pm-6:05pm TKD Tigers	4:30 pm-5:25 pm Youth Beginners TKD	4:00-5:00pm Afterschool	4:30 pm-5:25 pm Youth Beginners TKD	5:00pm-6:00pm Sport and Swim	1:30m-2:15pm Family Open Gym
	6:10pm-7:10pm Adult TKD	5:30 pm-6:25 pm Youth Intermediate TKD	5:05pm-6:05pm TKD Tigers	5:30 pm-6:25 pm Youth Intermediate TKD		2:30 pm-4:30 pm Judo (Family)
	7:30pm-9:45pm Open Gym	6:30 pm-7:25 pm Youth Advanced TKD	6:10 pm – 7:10 pm Adult TKD	6:30 pm-7:25 pm Youth Advanced TKD	6:00pm-9:45pm Open Gym	4:45 pm- 8:00 pm Gym Rentals/Open Gym
		7:30 pm- 9:00 pm Fencing	7:30 pm-9:30 pm Judo (All Ages)	7:30 pm-9:45 pm Open Gym		
Irving Park YMCA 4251 W. Irving Park Rd. 773-777-7500 www.irvingparkymca.org						