



Old Bridge YMCA

Gymnasium & Program Schedule Schedule Effective: Mar. 1 – Apr. 21

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 9:30am Open Full Gym Adult/Youth 9:30 - 10:30am Programs Full Gym Bootcamp 10:30 - 12:30 Programs Full Gym Pickleball 12:30-5:00pm Open Full Gym Adult/Youth 5:00 - 6:15pm Programs Half Gym PC Bball/Sportacular Half Gym Adult/Youth 6:15 - 10:00pm Open Full Gym Adult/Youth	5:00am -10:00am Open Full Gym Adult/Youth 10:00 - 12:30 Programs Full Gym Pickleball 12:30-4:30pm Open Full Gym Adult/Youth 4:30 - 5:00pm Programs Half Gym Pre-K Soccer Half Gym Adult/Youth 5:00 - 10:00pm Open Full Gym Adult/Youth	5:00 - 10:30am Open Full Gym Adult/Youth 10:30 - 11:25 Programs Full Gym Circus Circuit 11:30 - 1:30 Programs Full Gym Pickleball 1:30-5:00pm Open Full Gym Adult/Youth 5:00 - 6:00pm Programs Half Gym Game Time Half Gym Adult/Youth 6:00-10:00pm Open Full Gym Adult/Youth	5:00 - 10:00am Open Full Gym Adult/Youth 10:00 - 12:30 Programs Full Gym Pickle Ball 12:30pm - 3:00pm Open Full Gym Adult/Youth 3:00 - 4:00 Programs Full Gym Cougar Connect 4:00-5:00pm Open Full Gym Adult/Youth 5:00 - 5:45pm Programs Half Gym She Got Game Half Gym Adult/Youth 5:45 - 10:00pm Open Full Gym Adult/Youth	5:00 - 9:30am Open Full Gym Adult/Youth 9:30 - 10:25 Programs Full Gym Total Body 10:30 - 11:25 Programs Full Gym Zumba Tone 11:25 - 4:30pm Open Full Gym Adult/Youth 4:30 - 7:00pm Programs Half Gym Instructional B-Ball Half Gym Adult/Youth 7:00 - 10:00pm Open Full Gym Adult/Youth	7:00am - 9:30am Programs Half Gym Pickleball Half Gym Adult/Youth 9:30-10:00am Programs Half Gym Pickleball Half gym Insanity 10:00-12:00pm Programs Half Gym Insanity/Zumba Half Gym Adult/Youth 12:00pm - 7:00pm Open Full Gym Adult/Youth Sunday 8:00am - 12:30 pm Open Full Gym Men's Bball League 12:30pm - 6:00pm Open Full Gym Adult/Youth

*Revised 3/4/19

Cougar Connect Dates: March 14, April 11, May 16

For further gym closures, please check our app