



Columbia North YMCA | May 12th - May 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Basketball Full Gym					5:00AM-9:00AM (Basketball) 12:00PM-4:30PM (Basketball) 7:00PM-9:00PM (Basketball)	7:00AM-9:00AM (Basketball) 3:00PM-5:45PM (Basketball)	7:00AM-8:20AM (Basketball) 4:00PM-6:00PM (Basketball)
Lap Swimming Lap Pool (6 Lanes)					5:30AM-7:00AM (Lap Swimming)		
Sauna Hours Sauna					6:00AM-8:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)	8:00AM-5:30PM (Sauna & Whirlpool)
Water Walking Lap Pool (3 Lanes)					7:00AM-10:00PM (Water Walking) 11:00AM-12:00PM (Water Walking)	7:00AM-9:00AM (Water Walking)	7:00AM-9:00AM (Water Walking)
Lap Swimming Lap Pool (3 Lanes)					7:00AM-4:30PM (Lap Swimming) 7:00PM-8:30PM (Lap Swimming)	7:00AM-9:00AM (Lap Swimming)	7:00AM-12:00PM (Lap Swimming) 2:30PM-5:30PM (Lap Swimming)
KidZone Open Care Child Watch Area					8:00AM-12:45PM (Kidzone) 4:00PM-8:45PM (Kidzone)	8:00AM-1:45PM (Kidzone)	
Senior Circuit Express Gym A					9:00AM-10:00AM (Active Older Adult) <i>Nathaniel G.</i>		
Fit Camp Studio 3					9:00AM-10:00AM (Strength) <i>Femi M.</i>		
Cycle Studio 1					10:00AM-11:00AM (Cycle) <i>Deeian M.</i> 5:30PM-6:30PM (Cycle) <i>Jenea D.</i>	8:00AM-9:00AM (Cycle) <i>Deeian M.</i>	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dance Fitness Studio 3					10:00AM-11:00AM (Dance) <i>Sakita J.</i>		
Family Swim Lap Pool (3 Lanes)					12:00PM-8:30PM (Family Swim)	2:00PM-5:00PM (Family Swim)	2:30PM-5:30PM (Family Swim)
Lap Swimming Lap Pool (1 Lane)						9:00AM-2:00PM (Lap Swimming)	12:00PM-2:30PM (Lap Swimming)
Strength Studio 3						9:00AM-10:00AM (Strength) <i>Femi M.</i>	
Water Walking Lap Pool (1 Lane)						2:00PM-5:00PM (Water Walking)	
Lap Swimming Lap Pool (2 Lanes)						2:00PM-5:00PM (Lap Swimming)	
Programming - Reserved Studio 3						10:00PM-2:00PM (Family) <i>Sean C.</i>	
Yoga Studio 1							10:00AM-11:00AM (Yoga & Pilates) <i>Denine N.</i>