



RYAN FAMILY YMCA

OPEN GYM SCHEDULE | September 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Open Gym: 7am - 1pm	2 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-10:00am Day Camp: 10:00am-3:00pm Open Gym: 3:00pm-4:00pm Youth V-Ball & B-ball: 4:00pm - 8:00pm	3 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Open Gym: 6:00pm - 8:00pm	4 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 8:00am - 4:00pm Youth Sports: 4:00pm - 8:00pm	5 Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:30pm-3:00pm Teen Drop-In: 3:00pm - 5:00pm Open Gym: 5:00pm-8:00pm	6 Open Gym: 7:00am - 11:00am Youth Events: 11:00am-5:00pm
Fall Youth Sports Begins: September 29th -November 22nd For more info visit: ymcasd.org/sports						
7 Open Gym : 8:00am-3:00pm	8 Open Gym: 5:30am-8:30am Pickleball: 8:30am-10:00am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15a-12:15p Open Gym: 12:15pm-4:00pm Youth B-Ball: 4:00pm - 5:00pm Open Gym: 5:00pm-8:00pm	9 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-4:00pm Youth B-ball: 4:00pm - 5:00pm Open Gym: 5:00pm - 8:00pm	10 Open Gym: 5:30am-8:30am Pickleball: 8:30a-11:00am Enhance Fitness: 11:15am-12:15pm Day Camp: 12:15pm-3:00pm Open Gym: 3:00pm-4:00pm Youth B-Ball: 4:00pm - 5:00pm Open Gym: 5:00pm - 8:00pm	11 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Open Gym: 4:00pm - 6:00pm Open Gym: 6:00pm-8:00pm	12 Open Gym: 5:30am-8:00am Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:30pm-3:00pm Teen Drop-In: 3:00pm - 5:00pm Open Gym: 5:00pm-8:00pm	13 Open Gym: 7:00am - 5:00pm
14 Open Gym : 8:00am-3:00pm	15 Open Gym: 5:30am-8:30am Pickleball: 8:30am-10:00am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15a-12:15p Open Gym: 12:15pm-4:00pm Youth B-Ball: 4:00pm - 5:00pm Open Gym: 5:00pm-8:00pm	16 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-4:00pm Youth V-Ball & B-ball: 4:00pm - 6:00pm Open Gym: 6:00pm-8:00pm	17 Open Gym: 5:30am-8:30am Pickleball: 8:30a-11:00am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15-4:00pm Youth B-Ball: 4:00pm - 6:00pm Mens Basketball 6:00pm-10:00pm	18 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-3:00pm Teen Drop-in: 3:00 - 4:00pm Youth B-Ball: 4:00pm - 6:00pm Open Gym: 6:00pm-8:00pm	19 Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15pm-3:00pm Teen Drop-In: 3:00pm - 5:00pm Open Gym: 5:00pm-8:00pm	20 Open Gym: 7:00am - 5:00pm
21 Open Gym : 8:00am-3:00pm	22 Open Gym: 5:30am-8:30am Pickleball: 8:30am-10:00am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15a-12:15p Open Gym: 12:15pm-4:00pm Youth B-Ball: 4:00pm - 7:30pm Open Gym: 7:30pm-8:00pm	23 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-4:00pm Youth V-Ball & B-ball: 4:00pm - 6:00pm Open Gym: 6:00pm-8:00pm	24 Open Gym: 5:30am-8:30am Pickleball: 8:30a-11:00am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15-4:00pm Youth B-Ball: 4:00pm - 6:00pm Mens Basketball 6:00pm-10:00pm	25 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-4:00pm Teen Drop-In: 3:00pm-4:00pm Youth B-Ball: 4:00pm - 6:00pm Open Gym: 6:00pm-8:00pm	26 Open Gym: 5:30am-8:00am Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15pm-3:00pm Teen Drop-In: 3:00pm - 5:00pm Open Gym: 5:00pm-8:00pm	27 Open Gym: 7:00am-5:00pm
28 Open Gym : 8:00am-3:00pm	29 Open Gym: 5:30am-8:30am Pickleball: 8:30am-10:00am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15a-12:15p Open Gym: 12:15pm-4:00pm Youth B-Ball: 4:00pm - 8:00pm	30 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-4:00pm Youth V-Ball & B-ball: 4:00pm - 8:00pm	1 Open Gym: 5:30am-8:30am Pickleball: 8:30a-11:00am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15-4:00pm Youth B-Ball: 4:00pm - 6:00pm Mens Basketball 6:00pm-10:00pm	2 Open Gym: 5:30am-7:00am Group Ex: 7:00am-7:50am Open Gym: 7:50am-4:00pm Teen Drop-In: 3:00pm - 4:00pm Youth B-Ball: 4:00pm - 8:00pm	3 Open Gym: 5:30am-8:00am Group Ex: 8:00am-8:50am Pickleball: 9:00am-9:50am Forever Fit: 10:00am-10:50am Enhance Fitness: 11:15am-12:15pm Open Gym: 12:15pm-3:00pm Teen Drop-In: 3:00pm - 5:00pm Open Gym: 5:00pm-8:00pm	4 Open Gym: 7:00am - Youth Sports: 8:30am - 4:00pm Open Gym: 4:00pm - 5:00pm

All times are subject to change. For more information or to confirm times, please call the front desk at 619-226-8888.

Schedule last updated: 9/1/2025