



RYAN FAMILY YMCA

OPEN GYM SCHEDULE | October 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6 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-3:00pm Youth & Teen Sports 3:00pm-8:00pm	7 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	8 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm	9 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	10 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	11 Youth Sports 7:00am-4:00pm Open Gym: 4:00pm - 5:00pm
	Fall Youth Sports Begin: September 29th -November 22nd For more info visit: ymcasd.org/sports					
12 Open Gym : 8:00am-3:00pm	13 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-3:00pm Youth & Teen Sports 3:00pm-8:00pm	14 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	15 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm	16 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	17 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 - 4:00pm Youth Sports 4:00pm-8:00pm	18 Youth Sports 7:00am-4:00pm Open Gym: 4:00pm - 5:00pm
19 Open Gym : 8:00am-3:00pm	20 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-3:00pm Youth & Teen Sports 3:00pm-8:00pm	21 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	22 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm	23 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	24 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 - 4:00pm Youth Sports: 4:00pm-8:00pm	25 Youth Sports 7:00am-4:00pm Open Gym: 4:00pm - 5:00pm
26 Open Gym : 8:00am-3:00pm	27 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-3:00pm Youth & Teen Sports 3:00pm-8:00pm	28 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	29 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm	30 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	31 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	1 Youth Sports 7:00am - 4:00pm Open Gym: 4:00pm - 5:00pm
2 Open Gym : 8:00am-3:00pm	3 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-3:00pm Youth & Teen Sports 3:00pm-8:00pm	4 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Teen Drop-In: 3:00pm-4:00pm Youth Sports: 4:00pm - 8:00pm	5 Open Gym: 5:30am - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Adult Sports: 6:00pm - 8:00pm	6 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	7 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	8 Youth Sports 7:00am - 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