



RYAN FAMILY YMCA

OPEN GYM SCHEDULE | December 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 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-8:00pm	2 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-8:00pm	3 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	4 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-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-8:00pm	6 Youth Sports 7:00am-5:00pm
Winter Youth Sports Begin: December 6th – February 2nd For more info visit: ymcasd.org/sports						
7 Youth Sports Events: 8am - 2pm Open Gym : 2pm-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-3:00pm Youth & Teen Sports 3:00pm-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 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	11 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	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 - 4:00pm Youth Sports 4:00pm-8:00pm	13 Youth Sports 7:00am-5:00pm
14 Youth Sports Events: 8am - 2pm Open Gym : 2pm-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-3:00pm Youth & Teen Sports 3:00pm-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 - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 4:00pm Youth Basketball 4pm - 6:00pm Open Gym: 6:00pm - 8:00pm	18 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	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 - 4:00pm Youth Sports: 4:00pm-8:00pm	20 Youth Sports 7:00am-5:00pm
21 Youth Sports Events: 8am - 2pm Open Gym : 2pm-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-3:00pm Youth & Teen Sports 3:00pm-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 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 Open Gym: 6:00pm - 8:00pm	25 Closed	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 Youth Sports Events: 8am - 2pm Open Gym : 2pm-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-3:00pm Youth & Teen Sports 3:00pm-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 - 8:30am Pickleball: 8:30am - 11:00am Enhance Fitness: 11:15am - 12:15 pm Open Gym: 12:30 - 8:00pm	1 Open Gym: 5:00am - 7:00am Group x: 7:00am - 7:50am Open Gym: 7:50am-3:00pm Open Gym: 3:00pm - 8:00pm	2 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	3 Open Gym: 7:00am - 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: 12/1/2025