

# Small Gym Schedule Summer 1

(6/15/08-7/20/08)

\*updated 6/20/08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 am-2:15 pm Open Gym	5:00 am – 9:45 am Open Gym	5:00 am – 5:45 am Open Gym	5:00 am – 10:00 am Open Gym	5:00 am –9:45 am Open Gym	5:00 am – 9:45 am Open Gym	5:30 am –7:45 am Open Gym	
						8:00 am-9:00 am Combat Core	
		9:00-9:45 am Tiny Tot Soccer		10:00am- 10:30am Day Camp		9:05a.m.-9:55a.m. Family TKD	
	10:00 am-11:00 am Step Class	10:00 am-11:00 am Cardio Burn	10:10 am- 11:00 am Cardio Blast	10:45 pm-12:45 pm Open Gym	10:00 am-11:00 am Cardio Burn	10:00am-12:15pm Open Gym	
		11:00 am-6:00 pm Open Gym	11:15- 12:15 pm Hatha Yoga		1:00 pm- 4:30pm Day Camp	11:00 -11:45am Tiny Tot Basketball	
	2:30pm-3:00pm Gym & Swim		1:00pm-2:00pm Day Camp Martial Arts 3:00- 3:30pm Day Camp Martial Arts	12:15 pm-6:00 pm Open Gym		12:05 pm-7:00 pm Open Gym	12:30 pm-1:30pm Youth TKD
3:00pm-6:00pm Gym Rentals*	6:10 pm-7:10 pm Adult Tae Kwon Do	4:30 pm-5:25 pm Beginners Tae Kwon Do 1	6:10 pm-7:10 pm Adult Tae Kwon Do	5:00 pm-6:25pm Beginning Tae Kwon Do	7pm-8pm Lil Kicks Soccer	2:30 pm-4:30 pm Judo 1 (all ages)	
<p>*Indicates times when the small gym is available for rent. During these times, if there are no rentals, the gym shall remain open.</p>	7:30 pm-8:30 pm Combat Core	5:30 pm-6:25 pm Beginners Tae Kwon Do 2	7:30 pm-9:30pm Judo 2	4:30 pm-5:25pm 5:30 pm-6:25pm Beginning Tae Kwon Do	8pm-10pm Adult/Teen Soccer	4:45 pm- 7:15pm Gym Rentals*	
	Open Gym 8:45 pm-10:00 pm	6:30 pm-7:30 pm Int. Tae Kwon Do		6:30 pm-7:30 pm Int. Tae Kwon Do			
		7:45 pm- 10:00 pm Open Gym		7:30pm-10:00 pm Open Gym		7pm-9pm Last Friday of the Month Family Night	
Irving Park YMCA		4251 W. Irving Park Rd.		773-777-7500		www.irvingparkymca.org	

