

# Spurlino Family YMCA at Big Bend Road | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Entire Pool Lap Pool						7:30AM-6:00PM (Open Swim)	8:00AM-5:00PM (Open Swim)
YMCA Program South Court 3						8:00AM-6:00PM (Gym Schedule)	11:00AM-1:00PM (Gym Schedule)
YMCA Program South Court 4						8:00AM-6:00PM (Gym Schedule)	11:00AM-1:00PM (Gym Schedule)
						8:00PM-4:00PM (Gym Schedule)	
YMCA Program North Court 2						8:00AM-6:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)
YMCA Program North Court 1						8:00AM-6:00PM (Gym Schedule)	1:00PM-3:00PM (Gym Schedule)
Open Swim Entire Pool Splash Pool						11:00AM-5:30PM (Open Swim)	11:00AM-4:30PM (Open Swim)
Open Swim Entire Pool Slide						11:00AM-3:00PM (Open Swim)	11:00AM-3:00PM (Open Swim)
<b>Open Gym</b> Airnasium						1:00PM-5:00PM (Airnasium Schedule)	
Open Swim Entire Pool Warm Water Therapy						1:00PM-5:30PM (Open Swim)	1:00PM-4:30PM (Open Swim)
Open Gym-Adult Basketball North Court 2							8:00AM-11:00AM (Gym Schedule)
North Court 2							11:00AM-1:00PM (Gym Schedule)
Open Gym-Adult Basketball North Court 1							8:00AM-11:00AM (Gym Schedule)
<b>Open Gym-Basketball</b> Airnasium							8:00AM-12:00PM (Airnasium Schedule)
Open Gym-Basketball South Court 3							8:00AM-9:00AM (Gym Schedule)
Open Gym-Basketball South Court 4							8:00AM-9:00AM (Gym Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym-Volleyball South Court 4							9:00AM-11:00AM (Gym Schedule)
							1:00PM-5:00PM (Gym Schedule)
Open Gym-Volleyball South Court 3							9:00AM-11:00AM (Gym Schedule)
							1:00PM-3:00PM (Gym Schedule)
							3:00PM-5:00PM (Gym Schedule)
<b>Stay and Play</b> Stay & Play							10:00AM-2:00PM (Stay And Play)
LES MILLS BODYBALANCE™ Mind Body Studio							10:00AM-10:55AM (Mind And Body) Amber R.
LES MILLS BODYCOMBAT™ Group Fitness Studio							10:15AM-11:10AM (Group Fitness) Destiny C.
<b>Open Gym-Basketball</b> North Court 1							11:00AM-1:00PM (Gym Schedule)
							3:00PM-5:00PM (Gym Schedule)
<b>Stretch</b> Mind Body Studio							11:10AM-12:05PM (Mind And Body) Kristine H.
LES MILLS BODYPUMP™ Group Fitness Studio							11:20AM-12:15PM (Group Fitness) David S.
Xtreme Hip Hop Step Group Fitness Studio							1:00PM-1:55PM (Group Fitness) Crystal B.
<b>Open Gym-Basketball</b> North Court 2							3:00PM-5:00PM (Gym Schedule)



# **Campo Family YMCA | October 20th - October 26th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Program Gymnasium - Court A & B						7:30AM-6:00PM (Gym Schedule)	4:00PM-5:00PM (Gym Schedule)
Lap Swim 8 Lanes Pool						12:00PM-6:30PM (Lap Swim)	8:30AM-10:00AM (Lap Swim)
							12:00PM-5:30PM (Lap Swim)
<b>Open Gym</b> Gymnasium - Court A & B							8:00AM-2:00PM (Gym Schedule)
Lap Swim 6 Lanes							10:00AM-12:00PM (Lap Swim)
Stay and Play GTE Youth Zone							12:00PM-4:00PM (Stay And Play)
Stay and Play Stay and Play							12:00PM-4:00PM (Stay And Play)
LES MILLS BODYPUMP™ Main Studio							12:00PM-12:30PM (Group Fitness) <i>Tiffani R.</i>
							2:00PM-2:55PM (Group Fitness) Cindy B.
LES MILLS CORE™ Main Studio							12:30PM-12:55PM (Group Fitness) <i>Tiffani R.</i>
LES MILLS BODYCOMBAT™ Main Studio							1:00PM-1:55PM (Group Fitness) <i>Tiffani R</i> .
Open Gym Court A							2:00PM-4:00PM (Gym Schedule)
YMCA Program Court B							2:00PM-4:00PM (Gym Schedule)
LES MILLS BODYBALANCE™ KFC							3:00PM-3:55PM (Mind And Body) Maria F.



# **South Tampa Family YMCA | October 20th - October 26th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Program Court 1A						8:00AM-6:00PM (Gym Schedule)	
YMCA Program Court 1B						8:00AM-6:00PM (Gym Schedule)	
YMCA Program Court 2A						8:00AM-6:00PM (Gym Schedule)	
YMCA Program Court 2B						8:00AM-6:00PM (Gym Schedule)	
Open Gym-Adult Basketball Court 1A							8:00AM-10:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 1B							8:00AM-10:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 2A							8:00AM-9:00AM (Gym Schedule)
Open Gym-Adult Basketball Court 2B							8:00AM-9:00AM (Gym Schedule)
Open Gym Court 2A							9:00AM-12:00PM (Gym Schedule)
							4:00PM-5:00PM (Gym Schedule)
Open Gym Court 2B							9:00AM-12:00PM (Gym Schedule)
							4:00PM-5:00PM (Gym Schedule)
LES MILLS BODYPUMP™ Studio B							9:45AM-10:45AM (Group Fitness) Rob D.
Open Gym Court 1A							10:00AM-4:00PM (Gym Schedule)
							4:00PM-5:00PM (Gym Schedule)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Court 1B							10:00AM-12:00PM (Gym Schedule)
							4:00PM-5:00PM (Gym Schedule)
LES MILLS BODYSTEP™ Studio B							11:00AM-11:55AM (Group Fitness) Holly M.
<b>Cycling</b> Cycle Studio							11:15AM-12:00PM (Cycle) <i>Kathy H.</i>
Open Gym-Pickleball Court 1B							12:00PM-4:00PM (Gym Schedule)
Open Gym-Pickleball Court 2A							12:00PM-4:00PM (Gym Schedule)
Open Gym-Pickleball Court 2B							12:00PM-4:00PM (Gym Schedule)
LES MILLS BODYBALANCE™ Studio A							12:15PM-1:10PM (Mind And Body) Holly M.
							4:00PM-5:00PM (Mind And Body) <i>Kristin R</i> .
<b>The Challenge</b> Studio B							4:30PM-6:00PM (Group Fitness) MYRNA H.



### **New Tampa Family YMCA | October 20th - October 26th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YMCA Program Green Hoop (Court 1)						8:45AM-6:00PM (Gym Schedule)	
YMCA Program Yellow Hoop (Court 2)						8:45AM-6:00PM (Gym Schedule)	
YMCA Program Red Hoop (Court 1)						8:45AM-6:00PM (Gym Schedule)	
YMCA Program Blue Hoop (Court 2)						8:45AM-6:00PM (Gym Schedule)	
<b>Lap Swim 8 Lanes</b> Pool						2:30PM-5:30PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
Open Gym-Badminton Yellow Hoop (Court 2)							10:00AM-1:00PM (Gym Schedule)
Open Gym Green Hoop (Court 1)							10:00AM-4:30PM (Gym Schedule)
<b>Open Gym</b> Red Hoop (Court 1)							10:00AM-4:30PM (Gym Schedule)
Open Gym-Badminton Blue Hoop (Court 2)							10:00AM-1:00PM (Gym Schedule)
Stay and Play Youth Zone							1:00PM-4:30PM (Stay And Play)
<b>Open Gym</b> Yellow Hoop (Court 2)							1:00PM-4:30PM (Gym Schedule)
Stay and Play Stay & Play							1:00PM-4:30PM (Stay And Play)
Open Gym Blue Hoop (Court 2)							1:00PM-4:30PM (Gym Schedule)
LES MILLS BODYPUMP™ Studio A							2:00PM-3:00PM (Group Fitness) Shawna T.
<b>Yoga</b> Studio A							3:15PM-4:15PM (Mind And Body) <i>Nia B</i> .



# **Bob Sierra Family YMCA | October 20th - October 26th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim 6 Lanes</b> Pool						11:30AM-4:00PM (Lap Swim)	10:30AM-4:00PM (Lap Swim)
						11:30PM-4:00PM (Lap Swim)	
<b>Open Swim 2 Lanes</b> Pool						11:30AM-4:00PM (Open Swim)	10:30AM-4:00PM (Open Swim)
<b>Open Gym</b> Courts 1 & 2						2:00PM-5:30PM (Gym Schedule)	10:00AM-4:30PM (Gym Schedule)
LES MILLS BODYCOMBAT™ Group Ex Room							11:00AM-11:55AM (Group Fitness) Jenn G.
<b>Stay and Play</b> Stay and Play							11:00AM-2:00PM (Stay And Play)
<b>Yoga</b> Group Ex Room							12:15PM-1:10PM (Mind And Body) Tanya G.
<b>Cycling</b> Cycle Studio							1:00PM-2:00PM (Cycle) Paul C.



# Plant City Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 3 Lanes Pool						12:00PM-4:00PM (Lap Swim)	
<b>Open Gym</b> Gymnasium - Court A & B						2:00PM-5:00PM (Gym Schedule)	
<b>Open Gym-Pickleball</b> Gymnasium - Court A							10:00AM-12:00PM (Gym Schedule)
Stay and Play Stay and Play							11:00AM-2:00PM (Stay And Play)
Lap Swim 4 Lanes Pool							11:00AM-12:00PM (Lap Swim) 12:00PM-4:00PM (Lap Swim)
<b>Open Gym</b> Gymnasium - Court B							12:00PM-5:00PM (Gym Schedule)



# North Brandon Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim 6 Lanes Pool						12:00PM-4:00PM (Open Swim)	
<b>Open Gym</b> Basketball Full Court						1:30PM-5:55PM (Gym Schedule)	10:00AM-2:30PM (Gym Schedule) 4:30PM-4:55PM (Gym Schedule)
<b>Open Swim Entire Pool</b> Pool							11:00AM-4:00PM (Open Swim)
Open Gym-Basketball Basketball Court 1							2:30PM-4:30PM (Gym Schedule)
Open Gym-Pickleball Basketball Court 2							2:30PM-4:30PM (Gym Schedule)



### **West Park Village YMCA Express | October 20th - October 26th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Vinyasa Yoga Group Fitness Studio							8:15AM-9:10AM (Mind And Body) Amy C.
LES MILLS BODYCOMBAT™ Group Fitness Studio							9:30AM-10:30AM (Virtual)



### **Bob Gilbertson Central City Family YMCA | October 20th - October 26th**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LES MILLS SPRINT™ Cycle Studio							10:15AM-10:45AM (Cycle) Rachel M.
LES MILLS BODYBALANCE™ Mind Body Studio							12:30PM-1:25PM (Mind And Body) Michelle H.



### Northwest Hillsborough Family YMCA | October 20th - October 26th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Zumba</b> Group Fitness Studio							10:30AM-11:25AM (Group Fitness) <i>Mila A</i> .