Danville Family YMCA

March 2026 Gym Schedule

Monday (5a-9:00p)	Tuesday (5a-9:00p)	Wednesday (5a-9:00p)	Thursday (5a-9:00p)	Friday (5a-9:00)	Saturday (8a-6p)	Sunday (12p-5p)
5:00am – 10:00am **Open Gym** 10:30am – 11:45am **Line Dance** 12pm – 3pm **Open Gym** 3:30pm – 6:45pm **Half Court** 7pm – 8:30pm **Full Court**	5:00am – 8:00am **Open Gym** 8:15am – 9:15am **Cardio Conditioning** 9:30am – 10:20am **Open Gym** 10:30am – 1pm **Pickleball** 1:15pm – 4:30pm **Open Gym** 4:30pm – 6:30pm **Half Court** 7pm – 8:30pm **Full Court**	5:00am – 10:00am **Open Gym** 10:30am – 11:45am **Line Dance** 12pm – 5:30pm **Open Gym** 5:45pm – 6:45pm **Line Dance** 7:00pm-8:45pm **Adult Night Basketball** **(Must Be Member, Must Be at least 18)**	5:00am – 8:00am **Open Gym** 8:15am – 9:15am **Cardio Conditioning** 9:30am – 10:20am **Open Gym** 10:30am – 1pm **Pickleball** 1:15pm – 4:30pm **Open Gym** 4:30pm – 6:30pm **Half Court** 7pm – 8:30pm **Full Court**	5:00am – 4:20pm **Open Gym** 4:30pm – 6:30pm **Half Court** 6:30pm – 8:30pm **Full Court**	8:00am – 1:00pm **Open Gym/** 1:00pm – 3:00pm **Half Court** 3:00pm – 5:45pm **Full Court**	12:00pm – 3:00pm **Full Court** 3:00pm – 4:45pm **Half Court**

Food/Drinks in the gym at ANY time can/will be thrown away at the discretion of Administration Staff or Housekeeping without question.
The curtain can be lowered at any time to accommodate members as staff sees necessary.
(If you have any questions please contact the Sports & Wellness Director Greg Hairston)