

# YMCA of Virginia's Blue Ridge

## Salem Gym



### Monday

#### Open Gym

5:00 am - 8:00 am  
Gymnasium

#### Pickleball

8:00 am - 11:00 am  
Gymnasium

#### Open Gym

11:00 am - 7:30 pm  
Gymnasium

#### Adult Basketball

7:30 pm - 9:00 pm  
Gymnasium

#### Open Gym

9:00 pm - 9:50 pm  
Gymnasium

### Tuesday

#### Open Gym

5:00 am - 10:30 am  
Gymnasium

#### Boot Camp

10:30 am - 11:30 am  
Gymnasium

#### Open Gym

11:30 am - 7:00 pm  
Gymnasium

#### Volleyball

7:00 pm - 9:50 pm  
Gymnasium

### Wednesday

#### Open Gym

5:00 am - 8:00 am  
Gymnasium

#### Pickleball

8:00 am - 11:00 am  
Gymnasium

#### Open Gym

11:00 am - 7:30 pm  
Gymnasium

#### Adult Basketball

7:30 pm - 9:00 pm  
Gymnasium

#### Open Gym

9:00 pm - 9:50 pm  
Gymnasium

### Thursday

#### Open Gym

5:00 am - 10:30 am  
Gymnasium

#### Boot Camp

10:30 am - 11:30 am  
Gymnasium

#### Open Gym

11:30 am - 7:00 pm  
Gymnasium

#### Volleyball

7:00 pm - 9:50 pm  
Gymnasium

### Friday

#### Open Gym

5:00 am - 8:00 am  
Gymnasium

#### Pickleball

8:00 am - 11:00 am  
Gymnasium

#### Open Gym

11:00 am - 8:50 pm  
Gymnasium

### Saturday

#### Open Gym

7:30 am - 5:50 pm  
Gymnasium

### Sunday

#### Open Gym

1:00 pm - 5:50 pm  
Gymnasium