

YMCA of Virginia's Blue Ridge

Salem Gym



Monday

Open Gym

5:00 am - 7:00 am
Gymnasium

Camp

7:00 am - 9:00 am
Gymnasium

Pickleball

9:00 am - 11:00 am
Gymnasium

Open Gym

11:00 am - 2:00 pm
Gymnasium

Camp

2:00 pm - 4:00 pm
Gymnasium

Open Gym

4:00 pm - 7:50 pm
Gymnasium

Tuesday

Open Gym

5:00 am - 7:00 am
Gymnasium

Camp

7:00 am - 9:30 am
Gymnasium

Boot Camp

9:30 am - 11:00 am
Gymnasium

Open Gym

11:00 am - 2:00 pm
Gymnasium

Camp

2:00 pm - 4:00 pm
Gymnasium

Open Gym

4:00 pm - 7:50 pm
Gymnasium

Wednesday

Open Gym

5:00 am - 7:00 am
Gymnasium

Camp

7:00 am - 9:00 am
Gymnasium

Pickleball

9:00 am - 11:00 am
Gymnasium

Open Gym

11:00 am - 2:00 pm
Gymnasium

Camp

2:00 pm - 4:00 pm
Gymnasium

Open Gym

4:00 pm - 7:50 pm
Gymnasium

Thursday

Open Gym

5:00 am - 7:00 am
Gymnasium

Camp

7:00 am - 9:30 am
Gymnasium

Boot Camp

9:30 am - 11:00 am
Gymnasium

Open Gym

11:00 am - 2:00 pm
Gymnasium

Camp

2:00 pm - 4:00 pm

Open Gym

4:00 pm - 7:50 pm

Gymnasium		Gymnasium	
Friday		Saturday	Sunday
Open Gym 5:00 am - 7:00 am Gymnasium	Camp 7:00 am - 9:00 am Gymnasium	Open Gym 7:30 am - 5:50 pm Gymnasium	Open Gym 1:00 pm - 5:50 pm Gymnasium
Pickleball 9:00 am - 11:00 am Gymnasium	Open Gym 11:00 am - 2:00 pm Gymnasium		
Camp 2:00 pm - 4:00 pm Gymnasium	Open Gym 4:00 pm - 7:50 pm Gymnasium		