



Week at a Glance

February 13 - February 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Basketball Gym	Practices 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p	Practices 4:30p - 5:30p Division 1 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p	Practices 4:30p - 5:30p Skills Clinic 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p	Division 1 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p		B-ball Games 5:00p - 6:00p B-ball Games 6:00p - 7:00p B-ball Games 7:00p - 8:00p B-ball Games 8:00p - 9:00p B-ball Games 9:00p - 10:00p		
Soccer Field	Division 0 12:00p - 1:00p Practice 5:30p - 7:00p	 Division 2 6:30p - 7:30p	Division 0 12:00p - 1:00p Practice 5:30p - 7:00p	 Division 2 6:30p - 7:30p			Division 1 9:00a - 10:30a	
Fitness Studio 1			Yoga 9:00a - 10:00a Gentle Yoga 10:00a - 11:00a Yoga 6:00p - 7:00p	Gentle Yoga 9:00a - 10:00a	Yoga 8:30a - 9:30a			
Fitness Studio 2	Cardio Step 8:00a - 9:00a Body Sculpt 9:00a - 10:00a Zumba 6:00p - 7:00p	Body Sculpt 8:00a - 9:00a Step 9:00a - 10:00a Pilates 10:00a - 11:00a Cardio Step 6:30p - 7:30p	Cardio & Body 8:00a - 9:00a Cardio Surprise 5:00p - 6:00p Zumba 6:00p - 7:00p	Body Sculpt 8:00a - 9:00a Step & Tone 9:00a - 10:00a Pilates 10:00a - 11:00a Step & Pump 6:30p - 7:30p		Kids Dance 5:30p - 7:30p	Cardio Step 7:30a - 8:30a Kickboxing 8:30p - 9:30p Power Pump 9:30p - 10:30p	
Fitness/Spin Studio 3			Spin 6:00a - 7:00a Gentle Spin 11:00a - 12:00a Spin 4:00p - 5:00p	Spin 6:00a - 7:00a	Spin 9:30a - 10:30a	Spin 7:30a - 8:30a		
Conference Room								
Multipurpose Room								

Scheu Family YMCA of Upland
1150 E Foothill Blvd.
Upland, CA 91786
(909) 946-6120
(909) 895-3003 Member Hotline

Location Hours	
Monday - Friday	5:30 am - 10:30 pm
Saturday	7:00 am - 5:00 pm
Sunday	7:00 am - 4:00 pm

Child Watch Hours	
Monday - Friday	8:00a - 12:00p & 4:00p - 8:00p
Saturday	7:00 am - 12:00 pm
Sunday	closed

upland@weymca.org
www.weymca.org/upland



Week at a Glance

February 20 - February 26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Basketball Gym	Practices 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p	Practices 4:30p - 5:30p Division 1 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p	Practices 4:30p - 5:30p Skills Clinic 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p	Division 1 5:30p - 6:30p Practices 6:30p - 7:30p Practices 7:30p - 8:30p		B-ball Games 5:00p - 6:00p B-ball Games 6:00p - 7:00p B-ball Games 7:00p - 8:00p B-ball Games 8:00p - 9:00p B-ball Games 9:00p - 10:00p		
Soccer Field	Division 0 12:00p - 1:00p Practice 5:30p - 7:00p	 Division 2 6:30p - 7:30p	Division 0 12:00p - 1:00p Practice 5:30p - 7:00p	 Division 2 6:30p - 7:30p			Division 1 9:00a - 10:30a	
Fitness Studio 1			Yoga 9:00a - 10:00a Gentle Yoga 10:00a - 11:00a Yoga 6:00p - 7:00p	Gentle Yoga 9:00a - 10:00a	Yoga 8:30a - 9:30a			
Fitness Studio 2	Cardio Step 8:00a - 9:00a Body Sculpt 9:00a - 10:00a Zumba 6:00p - 7:00p	Body Sculpt 8:00a - 9:00a Step 9:00a - 10:00a Pilates 10:00a - 11:00a Cardio Step 6:30p - 7:30p	Cardio & Body 8:00a - 9:00a Cardio Surprise 5:00p - 6:00p Zumba 6:00p - 7:00p	Body Sculpt 8:00a - 9:00a Step & Tone 9:00a - 10:00a Pilates 10:00a - 11:00a Step & Pump 6:30p - 7:30p		Kids Dance 5:30p - 7:30p	Cardio Step 7:30a - 8:30a Kickboxing 8:30p - 9:30p Power Pump 9:30p - 10:30p	
Fitness/Spin Studio 3			Spin 6:00a - 7:00a Gentle Spin 11:00a - 12:00a Spin 4:00p - 5:00p	Spin 6:00a - 7:00a	Spin 9:30a - 10:30a	Spin 7:30a - 8:30a		
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