

GYM SCHEDULE

North Suburban YMCA
September 5th – October 29th



	Monday		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30 AM	Open Gym 5:30 – 9:00 AM			Open Gym 5:30 – 9:00AM	Open Gym 5:30 – 10:00 AM	Open Gym 5:30 – 9:00 AM	Adult (18+) Pick-up Basketball 6:00 – 8:00 AM	Open Gym 8:00 AM – 10:00 AM		
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM	Total Body Conditioning 9:00 – 10:00 AM			Total Body Conditioning 9:00 – 10:00 AM		Total Body Conditioning 9:00–10:00 AM	Open Gym 8:00 AM – 9:00 AM			
8:30 AM										
9:00 AM										
9:30 AM										
10:00 AM	Pickle Ball (Adult 18+) 10 AM – 12:30 PM			Pickle Ball (Adult 18+) 10 AM – 12:30 PM	Pickle Ball (Adult 18+) 10 AM – 12:30 PM	Pickle Ball (Adult 18+) 10 AM – 12:00 PM	Pickle Ball (Adult 18+) 10 AM – 12:00 PM			
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM										
12:30 PM	Open Gym 12:30 – 5:00 PM		Open Gym 12:30 – 3:00 PM	Open Gym 12:30 – 7:00 PM	Adult (18+) Pick-up Basketball 12:00 – 2:00 PM	Open Gym 12:00 PM – 2:00 PM	Family Gym 12:00 – 1:00 PM			
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM			Sports Classes 3:00PM – 8:00 PM			Open Gym 2:00 – 5:00 PM	Family Gym 2:00 – 3:00 PM	Family Gym 1:00 – 3:00 PM 1:00 – 3:00 PM 1:00 – 3:00 PM		
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM	Adult League Basketball (18+) (Registration Required) 6:00 – 9:30 PM				Family Gym 6:00 – 7:00 PM	Special Olympics 6:00 – 7:00 PM	Open Gym 6:00 – 7:00 PM	Teen Only Gym 3:00 – 4:00 PM		
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM										
8:30 PM	Open Gym 8:00 – 9:30 PM			Adult (18+) Pick-up Volleyball 7:00 – 9:00 PM	Badminton 7:00 – 9:00PM					
9:00 PM										
9:30 PM										

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

www.ymcaboston.org/northsuburban

FAMILY GYM:

Nets are able to be adjusted for families

OPEN GYM:

Open to all members, nets will not be adjusted

Please call ahead for availability: 781-935-3270