

# GYM SCHEDULE

Parkway Community YMCA  
Beginning 9/11/2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
05:00 AM											
05:30 AM											
6:00 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:00 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:30 AM	Open Gym 5:00 – 7:30 AM		Open Gym 6:00 – 9:00 AM				
6:30 AM											
7:00 AM											
7:30 AM						Beginners Pickleball 7:00 – 8:00 AM					
8:00 AM	Home School Gym 7:30 – 9:00 AM		Home School Gym 7:30 – 9:00 AM	Intermediate Pickleball 7:30 – 8:30 AM	Advance Pickleball 7:30 – 8:30 AM						
8:30 AM											
9:00 AM		Family Gym 9:00 – 10:30 AM		Family Gym 9:00 – 10:30 AM			LaBlast 9:00 – 9:45 AM				
9:30 AM	Yoga 9:30 – 10:15 AM				Yoga 9:30 – 10:15 AM	Yoga 9:30 – 10:30 AM					
10:00 AM						Basketball Skills Clinic 9:00 – 11:45 AM					
10:30 AM		Pilates 10:30 – 11:15 AM		Pilates 10:30 – 11:15 AM				Tone & Sculpt 11:00 – 11:45 AM			
11:00 AM	Fit For Life 11:00 – 12:00 PM		Fit For Life 11:00 – 12:00 PM		Fit For Life 11:00 – 11:45 PM						
11:30 AM											
12:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Fit For Life 12:00 – 1:00 PM	Advanced Pickleball 12:00 – 1:00 PM	Youth Run Club 12:00 – 1:00 PM	Open Play Pickleball 12:00 – 2:00 PM				
12:30 PM											
1:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Open Gym 1:00 – 4:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Open Gym 1:00 – 4:00 PM	Intermediate Pickleball 1:00 – 2:00 PM	Family Gym 1:00 – 3:00 PM					
1:30 PM											
2:00 PM	Beginner Pickleball 2:00 – 3:00 PM				Beginner Pickleball 2:00 – 3:00 PM		Beginner Pickleball 2:00 – 3:00 PM		Family Gym 2:00 – 3:30 PM		
2:30 PM											
3:00 PM											
3:30 PM											
4:00 PM											
4:30 PM	T Ball 4:30 – 5:45 PM		Sports Sampler 4:30 – 5:00 PM	Adult Intro to Pickleball 4:30 – 7:15 PM	Home School Gym 3:15 – 5:00 PM	TEEN Open Gym 3:00 – 5:30 PM	Open Gym 4:00 – 5:30 PM				
5:00 PM			Sports Sampler 5:00 – 5:30 PM								
5:30 PM			Sports Sampler 5:15 – 5:45 PM								
6:00 PM	Zumba 6:00 – 7:00 PM	Family Gym 5:30 – 7:00 PM									
6:30 PM					Agility Drills 6:15 – 7:00 PM						
7:00 PM		Open Gym 7:00 – 9:30 PM				TEEN OPEN GYM 6:00 – 9:00 PM					
7:30 PM	Open Play Pickleball 7:00 – 8:00 PM			Advanced Pickleball 7:00 – 8:00 PM							
8:00 PM											
8:30 PM				Intermediate Pickleball 8:00 – 9:00 PM	TEEN OPEN GYM 7:30 – 9:30 PM						
9:00 PM	Beginners Pickleball 8:00 – 9:00 PM										
9:30 PM											

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

[www.ymcaboston.org/parkway](http://www.ymcaboston.org/parkway)

## Building Hours

Monday–Friday  
5:00AM–10:00PM  
Saturday & Sunday  
6:00AM–6:00PM