

# GYM SCHEDULE

North Suburban YMCA  
October 29th–December 22nd



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Open Gym 5:30 – 9:00 AM	Open Gym 5:30 – 10:00 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	Total Body Conditioning 9:00 – 10:00 AM	Total Body Conditioning 9:00 – 10:00 AM		
8:30 AM							
9:00 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 – 12:30 PM	Pickle Ball (Adult 18+) 10 AM – 12:00 PM	junior Celtics 10:00AM – 1:00 PM	Pickle Ball (Adult 18+) 10 AM – 12:00 PM
10:00 AM							
10:30 AM	Open Gym 12:30 – 4:00 PM	Open Gym 12:30 – 4:00 PM	Open Gym 12:30 – 4:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 2:00 – 5:00 PM	Family Gym 12:00 – 1:00 PM	Family Gym 12:00 – 1:00 PM
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM	Sports Classes 4:00PM – 5:00 PM	junior Celtics 4:00PM – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 2:00 – 5:00 PM	Open Gym 1:00 PM – 2:00 PM	Birthday Parties 1:00 – 3:00 PM
1:30 PM							
2:00 PM	Family Gym 5:00 – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 2:00 – 5:00 PM	Family Gym 2:00 – 3:00 PM	Teen Only Gym 3:00 – 4:00 PM
2:30 PM							
2:30 PM	Family Gym 5:00 – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 2:00 – 5:00 PM	Family Gym 2:00 – 3:00 PM	Teen Only Gym 3:00 – 4:00 PM
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3:30 PM	Family Gym 5:00 – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 2:00 – 5:00 PM	Family Gym 2:00 – 3:00 PM	Teen Only Gym 3:00 – 4:00 PM
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4:00 PM	Family Gym 5:00 – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	junior Celtics 4:00PM – 6:00 PM	Open Gym 12:30 – 6:00 PM	Open Gym 2:00 – 5:00 PM	Family Gym 2:00 – 3:00 PM	Teen Only Gym 3:00 – 4:00 PM
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9:30 PM							

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

[www.ymcaboston.org/northsuburban](http://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