

GYM SCHEDULE

North Suburban YMCA
January 2nd – February 18th



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Open Gym 5:30 – 9:00AM	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							
8:30 AM							
9:00 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	
9:30 AM							
10:00 AM							
10:30 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
11:00 AM							
11:30 AM							
12:00 PM	Open Gym 12:30 – 3:30 PM	Open Gym 12:30 – 4:00 PM	Open Gym 12:30 – 4:00 PM	Open Gym 12:30 – 6:00 PM	Adult (18+) Pick-up Basketball 12:00 – 2:00 PM	junior Celtics 12:00AM – 1:00 PM	Family Gym 12:00 – 1:00 PM
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Sports Classes 3:30 – 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
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 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	Family Gym 5:00 – 6:00 PM	Pickle Ball (Adult 18+) 5:00 – 6:00 PM	
5:30 PM							
6:00 PM							
6:30 PM	Adult (18+) Basketball League 6:00 – 9:30 PM	Open Gym 6:00 – 9:30 PM	Adult (18+) Pick-up Volleyball 6:00 – 9:00 PM	Special Olympics 6:00 – 7:00 PM	Pickle Ball (Adult 18+) 6:00 – 6:45 PM		
7:00 PM							
7:30 PM							
8:00 PM							
8:30 PM							
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