

GYM SCHEDULE

Parkway Community YMCA
April 21 - June 22, 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:00 AM											
5:30 AM											
6:00 AM	Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:00 AM	Open Gym 5:00 - 8:30 AM	Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:30 AM						
6:30 AM											
7:00 AM											Open Gym 6:00 - 7:45 AM
7:30 AM											
8:00 AM	Family Gym 8:00 - 9:15 AM	Advanced Pickleball 7:00 - 8:45 AM		Intermediate Pickleball 7:30 - 8:45 AM	Advanced Pickleball 7:30 - 9:00 AM	Advanced Pickleball 7:30 - 8:30 AM	Tone & Sculpt 8:00 - 8:45 AM				
8:30 AM								Sports Sampler 8:30am - 9:15PM			
9:00 AM		Family Gym 9:00 - 10:30 AM		Family Gym 8:45 - 10:15 AM		Sports Samplers 8:45 - 9:30AM	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						Flag Football 9:30 - 11:30AM	Family Pickleball 10:00 - 11:00 AM				
10:30 AM		Pilates 10:30 - 11:15 AM		Pilates 10:30 - 11:15 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		Family Gym 11:00 - 3:30 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	Advanced Pickleball 1:00 - 2:00 PM	Intermediate Pickleball 1:00 - 2:00 PM	Open Gym 11:45 - 5:30PM	Teen Open Gym 3:30 - 5:30PM				
1:30 PM	Beginner Pickleball 2:00 - 3:00 PM			Beginner Pickleball 2:00 - 3:00 PM	Intermediate Pickleball 2:00 - 3:00 PM			Beginner Pickleball 2:00 - 3:00 PM			
2:00 PM											
2:30 PM											
3:00 PM	Family Gym 3:00 - 5:45 PM		Family Gym 3:00 - 5:45 PM	Teen Open Gym 3:00 - 4:45 PM	Family Gym 3:00 - 5:45 PM						
3:30 PM											
4:00 PM											
4:30 PM											
5:00 PM											
5:30 PM											
6:00 PM	Zumba 6:00 - 7:00 PM	T-BALL 4:45pm - 6:30PM	Intro to Pickleball 5:45 - 7:00 PM	Basketball Skills and Drills 4:45 - 8:00 PM	Private Training 6:00 - 7:00 PM						
6:30 PM											
7:00 PM		Run Club 6:30pm - 7:15PM									
7:30 PM											
8:00 PM	Open Gym 7:00 - 9:30 PM	Open Gym 7:30pm - 9:30 PM	Private Training 7:30pm - 9:30 PM	Beginners Pickleball 7:00 - 9:30 PM	Beginner Pickleball 8:00 - 9:30 PM	Parents Night Out 7:00 - 9:00 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/parkway

Building Hours

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