GYM SCHEDULE

Dorchester YMCA October 2024



Open Gym G:00 AM - 7:00 AM G:00 AM - 7:0		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
G-00 AM	6:00 AM	Open Gym	Open Gym	Open Gym	Open Gym			
Residual Codman Academy	6:30 AM		6:00 AM-7:00 AM	6:00 AM-7:00 AM	6:00 AM-7:00 AM			
Roo AM	7:00 AM					Open Gym		
Codman Academy Codm	7:30 AM					6:00 AM-9:00 AM		
\$3.0 AM	8:00 AM							
10:00 AM	8:30 AM							
9:30 AM 10:00 AM 10:0	9:00 AM					Codman Academy		
10-00 AM	9:30 AM							
10.30 AM	10:00 AM				Open Gym	Open Gvm	Group Ex	8:00 ÅM – I:45 PM
13:00 AM	10:30 AM						10:00 – 10:50 AM	
11:00 AM	11:00 AM					Codman Academy		
12:30 PM	11:30 AM					11:00AM-12:00PM		
12:30 PM	12:00 PM					Open Gym	Youth Sports	
1:30 PM 1:00 PM - 2:00 PM 1:00 PM - 4:00 PM 1:00	12:30 PM							
1:00 PM	1:00 PM							
2:00 PM 2:30 PM 3:00 PM 2:00 PM - 4:00 PM 2:00 P	1:30 PM							
Open Gym 2:00 PM - 4:00 PM 4:00 - 5:00 PM 4:00 - 5	2:00 PM							
3:00 PM	2:30 PM							
4:00 PM 4:00 - 5:00 PM 4:00 - 5:00 PM Teen Time 5:00 PM Figure	3:00 PM							
YMCA Afterschool 4:00 - 5:00 PM YMCA Afterschool 5:00 PM YMCA Afterschool 5:00 PM YMCA Afterschool 5:00 PM <td>3:30 PM</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	3:30 PM							
5:00 PM Teen Time 5:00 - 6:00 PM 6:00 PM NHCS 7:00 PM NHCS 6:00 - 8:00 PM 7:30 PM Open Gym 8:00 PM Open Gym 8:00 - 8:45 PM Teen Time 5:00 - 6:00 PM Teen Time 5:00 - 6:00 PM NHCS 6:00 - 8: 00 PM Open Gym 8:00 - 8:45 PM Open Gym 8:00 - 8:45 PM Open Gym 8:00 - 8:45 PM	4:00 PM	YMCA Afterschool						
Teen Time 5:30 PM 5:00 - 6:00 PM 6:00 PM NHCS 7:00 PM 7:30 PM Open Gym 8:00 PM Open Gym 8:00 PM 8:00 PM Open Gym 8:00 - 8:45 PM	4:30 PM	4:00 – 5:00 PM	4:00 – 5:00 PM	4:00 – 5:00 PM	4:00 – 5:00 PM	4:00 – 5:00 PM		
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Signature Sign	6:00 PM				= =			
7:00 PM 6:00 - 8:00 PM 5:00 PM 6:00 - 8: 00 PM	6:30 PM							
8:00 PM 8:30 PM 9:00 PM Open Gym 8:00 - 8:45 PM Open Gym 8:00 - 8:45 PM Open Gym 8:00 - 8:45 PM	7:00 PM							
8:30 PM 8:00 - 8:45 PM 8:00 - 8:45 PM 9:00 PM	7:30 PM							
9:00 PM	8:00 PM							
	8:30 PM							
9:30 PM	9:00 PM							
	9:30 PM							

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

CA: Codman Academy School NHCS: Neighborhood House.

Teen Night every 2nd and 4th Friday of the Month