

# GYM SCHEDULE

Dorchester YMCA  
December 23-31, 2024 (Vacation)



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
6:00 AM	Open Gym 10:00 AM - 11:00 AM	Open Gym 10:00 AM - 11:00 AM	Open Gym 10:00 AM - 11:00 AM	Open Gym 10:00 AM - 1:00 PM	Open Gym 10:00 AM - 11:00 AM						
6:30 AM											
7:00 AM											
7:30 AM											
8:00 AM										Open Gym 7:00 - 9:45 AM	Open Gym 8:00 AM - 1:45 PM
8:30 AM											
9:00 AM											
9:30 AM											
10:00 AM										Group Ex 10:00 - 10:50 AM	
10:30 AM											
11:00 AM											
11:30 AM											
12:00 PM	CAMP: OST 12:00 PM- 3:00 PM	Open Gym 12:00 PM- 3:00 PM	Open Gym 12:00 PM- 3:00 PM	Open Gym 12:00 PM- 3:00 PM	Open Gym 12:00 PM - 3:00 PM	Open Gym 11:00pm - 4:00pm					
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM											
3:00 PM											
3:30 PM	Teen Time 3:00 PM- 6:00 PM	Teen Time 3:00 PM - 6:00 PM	Teen Time 3:00 PM - 6:00 PM	Teen Time 3:00 PM- 6:00 PM	Teen Time 3:00 PM- 6:00 PM						
4:00 PM											
4:30 PM											
5:00 PM											
5:30 PM											
6:00 PM	NHCS 6:00 - 8:00 PM	Open Gym 6:00 PM - 8:45 PM	Open Gym 6:00 PM - 8:45 PM	Open Gym 6:00PM - 8:45 PM	Open Gym 6:00PM - 8:45 PM						
6:30 PM											
7:00 PM											
7:30 PM											
8:00 PM	Open Gym 8:00 - 8:45 PM										
8:30 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.