

# GYM SCHEDULE

Dorchester YMCA  
January 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM	<b>Codman Academy</b> 6:00AM-10:00AM	<b>Codman Academy</b> 6:00AM-10:00AM	<b>Codman Academy</b> 6:00AM-10:00AM	<b>Codman Academy</b> 6:00AM-10:00AM	<b>Codman Academy</b> 6:00AM-10:00AM					
8:00 AM										
8:30 AM										
9:00 AM										
9:30 AM										
10:00 AM	<b>Open Gym</b> 10:00 AM - 11:00 AM	<b>Open Gym</b> 10:00 AM - 11:00 AM	<b>Open Gym</b> 10:00 AM - 11:00 AM	<b>Open Gym</b> 10:00 AM - 1:00 PM	<b>Open Gym</b> 10:00 AM - 11:00 AM	<b>Open Gym</b> 8:00 AM - 1:45 PM				
10:30 AM					<b>Group Ex</b> 10:00 - 10:50 AM					
11:00 AM	<b>Codman Academy</b> 11:00-12:00PM	<b>Codman Academy</b> 11:00-12:00PM	<b>Codman Academy</b> 11:00-12:00PM	<b>Codman Academy</b> 11:00AM-12:00PM	<b>Codman Academy</b> 11:00AM-12:00PM					
11:30 AM										
12:00 PM	<b>Open Gym</b> 12:00 PM- 1:00 PM	<b>Open Gym</b> 12:00 PM- 1:00 PM	<b>Open Gym</b> 12:00 PM- 1:00 PM	<b>Codman Academy</b> 1:00PM-2:00PM	<b>Codman Academy</b> 1:00PM-2:00PM		<b>Dorchester YMCA Youth Sports</b> 11:00 AM - 2:00 PM			
12:30 PM										
1:00 PM	<b>Codman Academy</b> 1:00PM-2:00PM	<b>Codman Academy</b> 1:00PM-2:00PM	<b>Codman Academy</b> 1:00PM-2:00PM	<b>Codman Academy</b> 1:00PM-2:00PM	<b>Open Gym</b> 12:00 PM - 4:00 PM					
1:30 PM										
2:00 PM	<b>Open Gym</b> 2:00PM-4:00PM	<b>Open Gym</b> 2:00 PM - 4:00 PM	<b>Open Gym</b> 2:00 PM - 4:00 PM	<b>Open Gym</b> 2:00 PM - 4:00 PM						
2:30 PM									<b>Open Gym</b> 2:00pm - 4:00pm	
3:00 PM										
3:30 PM										
4:00 PM	<b>YMCA Afterschool</b> 4:00 - 5:00 PM	<b>YMCA Afterschool</b> 4:00 - 5:00 PM	<b>YMCA Afterschool</b> 4:00 - 5:00 PM	<b>YMCA Afterschool</b> 4:00 - 5:00 PM	<b>YMCA Afterschool</b> 4:00 - 5:00 PM					
4:30 PM										
5:00 PM	<b>Teen Time</b> 5:00 - 6:00 PM	<b>Teen Time</b> 5:00 - 6:00 PM	<b>Open Gym</b> 5:00 PM - 8:45 PM	<b>Teen Time</b> 5:00 - 6:00 PM	<b>Teen Time/ Open Gym</b> 5:00 - 7:45 PM					
5:30 PM										
6:00 PM	<b>NHCS</b> 6:00 - 8:00 PM	<b>NHCS</b> 6:00 - 8:00 PM				<b>NHCS</b> 6:00 - 8:00 PM				
6:30 PM										
7:00 PM										
7:30 PM										
8:00 PM	<b>Open Gym</b> 8:00 - 8:45 PM	<b>Open Gym</b> 8:00 - 8:45 PM		<b>Open Gym</b> 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.