

GYM SCHEDULE

Dorchester YMCA
March 2025



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