GYM SCHEDULE

Dorchester YMCA April 2025



6:00 AM 6:30 AM 7:30 AM 7:30 AM 6:00 AM - Codman Academy 6:00 AM - 10:00 AM 7:30 A		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM 7:30 AM 6:00 AM 6:00 AM 6:00 AM 6:00 AM 6:00 AM 7:30 A	6:00 AM							
Codman Academy 6:00AM-10:00AM Codman Academy 7:00 - 9:45 AM Codman Academy 7:00 - 0:00 AM - 1:00 AM Codman Academy 7:00 - 0:00 AM - 1:00 AM Codman Academy 7:00 - 0:00 AM - 1:00 AM Codman Academy 7:00 - 0:00 AM - 1:00 AM Codman Academy 7:00 - 0:00 AM - 1:00 AM Codman Academy 7:00 - 0:00 AM - 1:00 AM Codman Academy 7:00 - 0:00 AM	6:30 AM							
Codman Academy Codm	7:00 AM							
3-00 AM	7:30 AM							
9:30 AM 9:30 AM 9:30 AM 10:00	8:00 AM							
10:00 AM	8:30 AM							
10:00 AM	9:00 AM							
Open Gym 10:00 AM - 11:00 AM 10:00 AM	9:30 AM							
10:30 AM	10:00 AM				Open Gym	Open Gym	Group Ex	
1:00 AM	10:30 AM							
Ti-BO AM	11:00 AM					Codman Academy		
12:30 PM 12:00 PM - 1:00 PM 12:00 PM - 2:00 PM 12:00 PM - 4:00 PM 12:00 PM 12:00 PM 12:00 PM 12:00 PM 12:00 PM - 4:00 PM 12:00 PM	11:30 AM							
12:30 PM 12:00 PM-1:00 PM 1:00 PM-2:00 PM 1:00 PM-4:00 PM 1:00 PM-6:00 PM 1:00	12:00 PM						DorrhagterVMCA	
1:00 PM	12:30 PM						Youth Sports	
2:30 PM Open Gym 2:00 PM - 4:00 PM Open Gym Open Gy	1:00 PM							
2:30 PM 3:30 PM 2:00 PM - 4:00	1:30 PM							
3:00 PM 2:00 PM - 4:00 PM 2:30 pm - 4:00 pm 4:00 - 5:00 PM 5:00 PM 5:00 PM 5:00 PM 5:00 PM 5:00 PM 6:30 PM	2:00 PM							
3:00 PM 2:00 PM - 4:00 PM 2:30 PM 2:30 PM 2:30 PM 2:30 PM 2:30 PM 2:30 PM 4:00 PM YMCA Afterschool 4:00 - 5:00 PM 4:00 - 6:30 PM 5:00 PM 5:00 PM 5:00 PM 5:00 PM 6:30 PM 5:00 PM 6:30	2:30 PM							
3:30 PM 4:00 PM 4:00 PM 4:00 - 5:00 PM 4:00 - 5:00 PM 5:00 PM Teen Time 5:00 - 6:30 PM 6:30 PM Teen Time 5:00 - 6:30 PM Open Gym 5:00 PM Teen Time 5:00 - 7:45 PM	3:00 PM							
YMCA Afterschool YMCA Afterschool<	3:30 PM							
4:30 PM 4:00 - 5:00 PM Teen Time 5:00 - 6:30 PM Teen Time 5:00 - 6:30 PM Teen Time 5:00 - 6:30 PM 5:00 PM - 8:45 PM 5:00 PM - 8:45 PM	4:00 PM	YMCA Afterschool	YMCA Afterschool	YMCA Afterschool	YMCA Afterschool	YMCA Afterschool		
5:30 PM Teen Time 5:00 - 6:30 PM	4:30 PM							
5:00 - 6:30 PM 5:00 - 6:30 PM 5:00 - 6:30 PM Teen Time/ Open Gym 5:00 - 7:45 PM 5:00 - 7:45 PM	5:00 PM					Open Gym		
6:00 PM 6:30 PM Open Gym 5:00 PM - 8:45 PM Teen Time/ Open Gym 5:00 - 7:45 PM	5:30 PM							
6:30 PM	6:00 PM							
5:00 PM - 8:45 PM	6:30 PM	Open Gym 6:30 – 8:45 PM	Open Gym 8:00 – 8:45 PM		Open Gym 6:30 – 8:45 PM			
	7:00 PM							
	7:30 PM							
8:00 PM	8:00 PM							
8:30 PM	8:30 PM							
9:00 PM	9:00 PM							
9:30 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.