

# GYM SCHEDULE

Parkway Community YMCA  
MARCH 19 - APRIL 20



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							
6:00 AM			Open Gym 5:00 - 7:30 AM		Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:30 AM	
6:30 AM	Open Gym 6:00 - 7:45 AM	Open Gym 5:00 - 8:00 AM					Open Gym 6:00 - 7:45 AM
7:00 AM				Open Gym 5:00 - 9:15 AM			
7:30 AM							
8:00 AM	Tone & Sculpt 8:00 - 8:45 AM		Family Gym 8:00 - 10:30 AM		Beginners Pickleball 7:30 - 8:45 AM	Home School GYM 7:30 - 8:15 AM	
8:30 AM		HIIT 8:30 - 9:15 AM				HIIT 8:30 - 9:15 AM	
9:00 AM	Open Gym 9:00 - 10:00 AM				Open Gym 9:00 - 10:15 AM		
9:30 AM							
10:00 AM							
10:30 AM	Family Pickleball (kids under 12) 10:00 - 12:00 PM		Pilates 10:30 - 11:15 AM		Pilates 10:30 - 11:15 AM	Home School GYM 10:30 - 11:45 AM	
11:00 AM		Fit For Life 11:00 - 12:00 PM		Fit For Life 11:00 - 12:00 PM			
11:30 AM							
12:00 PM		Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 12:45 PM	Advanced Pickleball 12:00 - 1:00 PM	Fit For Life 12:00 - 1:00 PM	Fit For Life 12:00 - 12:45 PM	
12:30 PM							
1:00 PM		Intermediate Pickleball 1:00 - 2:00 PM		Intermediate Pickleball 1:00 - 2:00 PM	Advanced Pickleball 1:00 - 2:00 PM	Advanced Pickleball 1:00 - 2:00 PM	
1:30 PM	Family Gym (Kids under 12) 12:15 - 3:30 PM	Beginner Pickleball 2:00 - 3:00 PM		Beginner Pickleball 2:00 - 3:00 PM	Intermediate Pickleball 2:00 - 3:00 PM	Beginner Pickleball 2:00 - 3:00 PM	
2:00 PM							
2:30 PM							
3:00 PM			Open Gym 1:00 - 5:45 PM				
3:30 PM	Teen Open Gym 3:30 - 5:30 PM	Family Gym (Kids under 12) 3:00 - 5:45 PM		Family Gym (Kids under 12) 3:00 - 4:45 PM	Teen Open Gym 3:00 - 4:45 PM	Family Gym (Kids under 12) 3:00 - 5:45 PM	Private Training 3:30 PM - 9:30 PM
4:00 PM							Open Gym 3:30 PM - 5:30 PM
4:30 PM							
5:00 PM				T-Ball Age 3yr-4yr 5:00pm-5:30pm	Sports Sampler age 2yr-3yr 5:00pm-5:30pm		
5:30 PM							
6:00 PM		Zumba 6:00 - 7:00 PM		Youth Intro to Pickleball Age 6-8 5:45pm-6:30pm	Sports Sampler Age 2-3 5:45pm - 6:15pm		
6:30 PM			BOX FIT 5:45pm-8:00pm		Soccer Age 6-8 6:15 - 7:00 PM		
7:00 PM		Beginner Pickleball Age 18+ 7:10pm-8:30 PM		Adult Intro to Pickleball Age 18+ 6:45pm-7:45pm		Parents Night Out 6:00 - 9:00 PM	
7:30 PM							
8:00 PM				Beginner Pickleball Ages 18+ 7:45pm-9:30 PM	Open Gym 7:15pm - 9:30 PM	Private Training 7:15pm - 9:30 PM	
8:30 PM		Open Gym 8:30pm - 9:30 PM	Open Gym 8:00pm - 9:30 PM				
9:00 PM							
9:30 PM							

### Building Hours

Monday-Friday  
5:00AM-10:00PM  
Saturday & Sunday  
6:00AM-6:00PM

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

[www.ymcaboston.org/parkway](http://www.ymcaboston.org/parkway)