

GYM SCHEDULE

Thomas M. Menino YMCA
May 1st–June 22nd



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Open Gym 6am–3pm	Open Gym 6am–3pm	Open Gym 6am–3pm	Open Gym 6am–3pm	Open Gym 6am–3pm	CLOSED	CLOSED
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM						Open Gym 8–9am	Open Gym 8–9am
8:30 AM							
9:00 AM						Youth Sports* 9am –10:30am	Youth Sports* 9am –11am
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM						Family Gym 10:30am–1:30pm	Family Gym 11am–1:30pm
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM						CLOSED	CLOSED
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	After School 3–5 pm	After School 3–5 pm	After School 3–5pm	After School 3–5 pm	After School 3–5 pm		
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	Open Gym 5pm–8 pm	Open Gym 5pm–8 pm	Open Gym 5pm–8 pm	Open Gym 5pm–8pm	Open Gym 5pm–6:30pm		
6:00 PM							
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM	CLOSED						
8:30 PM		CLOSED	CLOSED	CLOSED	CLOSED		
9:00 PM							

Open Gym

Programs

Group Exercise

Family Gym

Gym schedule is subject to change without notice,
based on programming needs.

*Registration required