

GYM SCHEDULE

Dorchester YMCA
July 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:00 AM	Open Gym 6:00 AM – 5:30 AM	Open Gym 6:00 AM – 9:00 AM		Open Gym 10:00 AM – 11:00 PM	Open Gym 6:00 AM – 5:00 AM							
6:30 AM												
7:00 AM						Open Gym 7:00 – 9:45 AM						
7:30 AM												
8:00 AM							Open Gym 8:00 AM – 1:45 PM					
8:30 AM												
9:00 AM		Group Ex 9:00 – 9:50 AM		Group Ex 9:00 – 9:50 AM								
9:30 AM												
10:00 AM		Open Gym 10:00 AM – 11:00 PM				Group Ex 10:00 – 10:50 AM	Pickleball Pick Up ½ Court 10:00 – 11:30 AM					
10:30 AM												
11:00 AM		Senior Pickleball ½ Court 11:00 – 12:30 AM	Open Gym 6:00 AM – 5:30 PM			Open Gym 11:00am – 4:00pm	Open Gym 8:00 AM – 1:45 PM					
11:30 AM												
12:00 PM				Open Gym 12:00 PM–1:00 PM								
12:30 PM												
1:00 PM												
1:30 PM												
2:00 PM				Teen Time 3:00 – 6:30 PM								
2:30 PM												
3:00 PM												
3:30 PM												
4:00 PM		Open Gym 12:30 PM – 8:45 PM										
4:30 PM												
5:00 PM												
5:30 PM		Teen Time/ Open Gym 5:00 – 7:45 PM										
6:00 PM	Youth Sports 5:30 PM– 6:30 PM			Youth Sports 5:30 PM– 6:30 PM								
6:30 PM												
7:00 PM	Open Gym 6:30 – 8:45 PM			Open Gym 6:30 – 8:45 PM								
7:30 PM												
8:00 PM												
8:30 PM												
9:00 PM												
9:30 PM												

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

***WEATHER PERMITTING: CAMP WILL BE INDOORS**

www.ymcaboston.org/dorchester

Teen Night every 2nd and 4th Friday of the Month