

GYM SCHEDULE

Dorchester YMCA
June 2025



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Codman Academy 6:00AM-10:00AM	Codman Academy 6:00AM-9:00AM	Codman Academy 6:00AM-10:00AM	Codman Academy 6:00AM-9:00AM	Codman Academy 6:00AM-10:00AM			
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM								
8:30 AM								
9:00 AM		Group Ex 9:00 – 9:50 AM		Group Ex 9:00 – 9:50 AM		Open Gym 7:00 – 9:45 AM	Open Gym 8:00 AM – 1:45 PM	
9:30 AM								
10:00 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	Open Gym 10:00 AM – 11:00 PM	Open Gym 10:00 AM – 11:00 AM	Group Ex 10:00 – 10:50 AM	Pickleball Pick Up ½ Court 10:00 – 11:30 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	Codman Academy 11:00AM-12:00PM	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			Open Gym 12:00 PM- 1:00 PM	Open Gym 12:00 PM- 1:00 PM	Open Gym 12:00 PM – 4:00 PM		
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				
1:30 PM								
2:00 PM								
2:30 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				
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 – 6:30 PM	Teen Time 5:00 – 6:30 PM	Open Gym 5:00 PM – 8:45 PM	Teen Time 5:00 – 6:30 PM	Teen Time/ Open Gym 5:00 – 7:45 PM			
5:30 PM								
6:00 PM								
6:30 PM	Open Gym 6:30 – 8:45 PM	Open Gym 6:30 – 8:45 PM		Open Gym 6:30 – 8:45 PM				
7:00 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!

CA:
Codman Academy School
NHCS:
Neighborhood House.

www.ymcaboston.org/dorchester

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