

GYM SCHEDULE

Parkway Community YMCA
APRIL 26 - JUNE 20



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM							
5:30 AM							
6:00 AM							
6:30 AM	Open Gym 6:00 - 7:45AM	Open Gym 5:00 - 8:00 AM	Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 8:30AM	Open Gym 5:00 - 7:30 AM	Open Gym 5:00 - 7:30 AM	
7:00 AM							Open Gym 6:00 - 8:45AM
7:30 AM							
8:00 AM	Tone & Sculpt 8:00 - 8:45 AM				Beginners Pickleball 7:30 - 8:45 AM	Home School GYM 7:30 - 8:15AM	
8:30 AM		HIIT 8:30 - 9:15 AM					
9:00 AM	PICKLEBALL 9:00 - 10:00AM		Family Gym 8:00 - 10:15AM				SPORTS SAMPLER 9:15-9:45AM
9:30 AM		Family Gym (Kids under 12) 12:15 - 2:00 PM		Family Gym 8:30 - 10:30 AM	Open Gym 9:00 - 10:15AM	YOGA 9:30 - 10:30 AM	
10:00 AM							PRESCHOOL T-BALL 10:00AM-10:45AM
10:30 AM	Family Gym (Kids under 12) 10:00AM- 12:30 PM		Pilates 10:30 - 11:15 AM		Pilates 10:30 - 11 AM	Home School GYM 10:30 -11:45AM	PRESCHOOL BASKETBALL 11:00AM-11:45AM
11:00 AM		Fit For Life 11:00 - 12:00 PM		Fit For Life 11:00 - 11:45 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 - 12:45 PM	Fit For Life 12:00 - 12:45 PM	YOUTH BASKETBALL 12:00PM-12:45PM
12:30 PM							
1:00 PM	Family Pickleball (kids under 12) 12:45pm- 2:00 PM	Intermediate Pickleball 1:00 - 2:00 PM	Advanced Pickleball 12:45-2:00PM	Intermediate Pickleball 1:00 - 2:00 PM	Advanced Pickleball 1:00 - 2:00 PM	Advanced Pickleball 1:00 - 2:00 PM	YOUTH SOCCER 1:00PM-1:45PM
1:30 PM							
2:00 PM		Beginner Pickleball 2:00 - 3:00 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	YOUTH SOCCER 2:00PM-2:45PM
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Teen Open Gym 2:00 - 5:30PM	Family Gym (Kids under 12) 3:00 - 5:45 PM	Teen Open Gym Age 13-18 3:00 PM- 6:00PM	Family Gym (Kids under 12) 3:00 - 4:45PM	Teen Open Gym Age 13-18 3:00 PM- 6:00PM	Family Gym (Kids under 12) 3:00 - 5:00 PM	Private Training 2:45PM-5:30 PM
4:30 PM							Open Gym 2:45PM- 5:30PM
5:00 PM				Teen Open Gym 4:45PM - 5:30 PM			
5:30 PM							
6:00 PM		Zumba 6:00 - 7:00 PM		SOCCER FOR SUCCESS 5:45pm-6:45pm			
6:30 PM							
7:00 PM				SOCCER FOR SUCCESS 7:00pm-8:00pm			
7:30 PM			Basketball Gym 6:00PM - 9:30 PM		Basketball Gym 6:00PM - 9:30 PM	Parents Night Out 5:00 - 9:00 PM	
8:00 PM							
8:30 PM		Beginner Pickleball Age 18+ 7:10pm- 9:30 PM		Beginner Pickleball Age 18+ 8:00pm- 9:30 PM			
9:00 PM							
9:30 PM							

Building Hours

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

www.ymcaboston.org/parkway

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