

# GYM SCHEDULE

Dorchester YMCA  
July 2026



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM								
6:30 AM								
7:00 AM	Open Gym 6:00 AM - 08:45 PM	Open Gym 6:00 AM - 9:00 AM	Open Gym 6:00 AM - 10:00 AM	Open Gym 6:00 AM - 9:00 AM	Open Gym 6:00 AM - 5:00 PM	Open Gym 7:00 - 9:45 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 8:00 AM - 10:00 AM	
9:30 AM								
10:00 AM							Group Ex 10:00 - 10:50 AM	Youth Sports 10 AM-11 AM
10:30 AM			Open Gym 10:00AM-8:45PM	Senior Pickleball ½ Court 10:00 - 11:30 AM	Open Gym 10:00AM - 8:45PM			Pickleball 10:00 - 11:00 AM
11:00 AM							Youth Sports 11:00 AM - 2:30 PM	
11:30 AM								
12:00 PM			Open Gym 11:30 AM - 8:45 PM					
12:30 PM								
1:00 PM								
1:30 PM						Open Gym 2:30 PM - 3:45 PM		
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM					Teen Time 5:00 - 7:45 PM			
6:30 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 Camp programming needs. Thank you for understanding!

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