

Gym Schedule 09/1/2026 - 09/08/26

OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LABOR DAY	6:00AM-12:00PM	6:00AM-9:45AM	6:00AM-11:00AM	6:00AM-11:45AM	7:00AM-8:30AM	8:00AM-12:45PM
	3:00PM-4:30PM	11:00AM-11:45AM	3:00PM-8:50PM	2:00PM-6:00PM	8:45AM-11:30AM (HC)	
	4:30PM-5:00PM(V)(HC)	2:00PM-6:00PM		8:00PM-8:50PM	11:45AM-5:50PM	
	5:30PM-6:45PM(A)(HC)	7:00PM-8:50PM				
	6:45PM-8:50PM					

YOUTH SPORTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00PM-7:00PM (S)	5:00PM-5:45PM (B)(HC)	5:00PM-5:45PM (B)(HC)	5:00PM-5:45PM (B)(HC)	6:00PM-8:00PM (S)	8:45AM-9:30AM (B) (HC)	
	6:00PM-6:45PM (A)(HC)	6:00PM-7:00PM (S)	6:00PM-6:45PM (A)(HC)		9:45AM-10:30AM (B)(HC)	
					10:45AM-11:30AM (B)(HC)	

AFTERSCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30PM-4:30PM	4:00PM-5:00PM	4:00PM-5:00PM	3:30PM-4:45PM	3:45PM-4:45PM		

FITNESS CLASS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM-11:45AM (S.S)		10:00AM-11:00AM (S.S)				

PICKLEBALL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00PM-2:00PM	11:00AM-12:00PM (Group/Private) (HC)	12:00PM-2:00PM	11:00AM-12:00PM (Group/Private) (HC)	12:00PM-2:00PM		3:00PM-5:45PM
	12:00PM-3:00PM		12:00PM-3:00PM			

(HC)= Half Court

(S) = Soccer

(B)= Basketball

(V)= Volleyball

(S.S)= Silver Sneaks

(A)= All In Athlete

(PL)=Adult/Youth Play Lab

For any further schedule updates please check NRYMA.ORG

