Gym Schedule 10/28/2026 - 11/03/26

OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM-10:30AM	6:00AM-7:50AM	6:00AM-9:45AM	6:00AM-10:45AM	6:00AM-11:45AM	7:00AM-8:30AM	8:00AM-2:45PM
2:00PM-3:50PM	9:15AM-11:00AM	2:30PM-3:50PM	3:00PM-3:50PM	2:00PM-3:50PM	8:45AM-11:30AM (HC)	
5:00PM-5:45PM(P.L)	3:00PM-3:50PM	5:00PM-8:50PM	6:00PM-6:45PM (A)(HC)	5:00PM-8:50PM	3:00PM - 6:00PM	
6:00PM-8:50PM	5:00PM-6:00PM(B)(HC)		6:45PM-8:50PM			
	6:45PM-8:50PM					

YOUTH SPORTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	4:30PM-5:30PM(V)	5:00PM-5:45PM (B)(HC)			8:45AM-9:30AM (B) (HC)	
	5:00PM-5:45PM (B)(HC)		5:00PM-5:45PM (B)(HC)		9:45AM-10:30AM (B)(HC)	
			6:00PM-6:45PM (A)(HC)		10:45AM-11:30AM (B)(HC)	

AFTERSCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00PM-5:00PM	4:00PM-5:00PM	4:00PM-5:00PM	4:00PM-5:00PM	4:00PM-5:00PM		
	HOLIDAY CAMP					

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 *NRYMCA.ORG **