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

OPEN GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM-10:30AM	6:00AM-10:15AM	6:00AM-9:45AM	6:00AM-10:45AM	6:00AM-11:45AM	7:00AM-8:30AM	8:00AM-11:30PM
2:00PM-3:45PM	3:00PM-3:45PM	2:30PM-3:45PM	3:00PM-3:45PM	2:00PM-3:45PM	8:45AM-11:30AM (HC)	12:00PM-1:00PM(8th-High School Girls)
5:00PM-5:45PM(V)(HC)	5:00PM-6:45PM(B)(HC)	5:00PM-5:45PM	6:00PM-6:45PM(HC)	5:00PM-5:45PM	12:00PM-1:00PM(3rd-5th Grade)	1:00PM-2:00PM(High School Boys)
7:00PM-8:50PM	6:45PM-8:50PM	7:00PM-8:50PM	6:45PM-8:50PM	8:00PM-8:50PM	1:00PM-2:00PM(6th-8th Grade)	
					2:30PM-5:50PM	

YOUTH SPORTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00PM-5:45PM(V)(HC)	5:00PM-5:45PM (B)(HC)	6:00PM-7:00PM(S)	6:00PM-6:45PM (A)(HC)	6:00PM-8:00PM(S)	8:45AM-9:30AM (B) (HC)	
6:00PM-7:00PM(S)					9:45AM-10:30AM (B)(HC)	12:00PM-2:00PM(Organized Gym)
					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		

FITNESS CLASS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00AM-11:45AM (S.S)	10:30AM-11:30AM(Golf)	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**

For any further schedule updates please check *NRYMCA.ORG*