



# Gym Schedule

## Somerville YMCA

Created: 4/20/2018

### KEY:

<b>MONDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:00 AM-9:00 AM	Open Gym		Gym (Full)
10:30 AM-12:30 PM	Open Gym		Gym (half)
12:00 PM-2:00 PM	Adult Basketball		Gym (half)
12:00 PM-2:00 PM	Pickleball		Gym (half)
<b>TUESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
8:30 PM-10:00 PM	Open Gym		Gym (Full)
<b>WEDNESDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:00 AM-8:00 AM	Open Gym		Gym (Full)
12:00 PM-2:00 PM	Pickleball		Gym (half)
12:30 PM-2:00 PM	Adult Basketball		Gym (half)
2:00 PM-3:00 PM	Open Gym		Gym (half)
6:00 PM-10:00 PM	Open Gym		Gym (half)
7:30 PM-9:30 PM	Open Volleyball		Gym (half)
<b>THURSDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:00 AM-9:00 AM	Open Gym		Gym (Full)
11:00 AM-12:00 PM	Open Gym		Gym (Full)
<b>FRIDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
5:00 AM-9:00 AM	Open Gym		Gym (half)
12:00 PM-2:00 PM	Pickleball		Gym (half)
12:30 PM-2:00 PM	Open Gym		Gym (half)
12:30 PM-2:00 PM	Adult Basketball		Gym (half)
2:00 PM-4:00 PM	Open Gym		Gym (half)
5:30 PM-6:30 PM	Open Gym		Gym (half)
6:30 PM-9:30 PM	Teen Open Gym		Gym (Full)
7:30 PM-9:30 PM	Badminton		AP Room
<b>SATURDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
7:00 AM-8:00 AM	Open Gym		Gym (Full)
	<i>No PM Gym Available Gymnastics All Day</i>		
4:30 PM-7:30 PM	Badminton		AP Room
<b>SUNDAY</b>	<b>CLASS</b>	<b>INSTRUCTOR</b>	<b>LOCATION</b>
9:00 AM-12:00 PM	Open Volleyball		Gym (half)
3:30 PM-6:00 PM	Badminton		Gym (half)

## **CLASS DESCRIPTIONS**

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### **ADULT BASKETBALL**

### **BADMINTON**

Open badminton court. Bring your racket, meet new people and have fun!

### **OPEN GYM**

### **OPEN VOLLEYBALL**

Open Volleyball 13 years old and up

### **PICKLEBALL**

Pickleball 13 years old and Up

### **TEEN OPEN GYM**