



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MELROSE FAMILY YMCA

Gym Schedule

Updated 6/17/18

6/18-9/2/18

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00- 7:00AM Open Gym	5:00-7:00AM Open Gym	5:30-7:00AM Interval Training	5:00-6:00AM Open Gym	5:00-7:00AM Open Gym	5:30-9:00AM Open Gym	7:00-10:00AM Adult Basket- ball
7:00-9:00AM Camp Mel- stone	7:00-9:30AM Camp Mel- stone	7:00-9:30AM Camp Mel- stone	6:00-7:00AM Boot Camp	7:00-8:00AM Adult Basket- ball	9:00-11:00AM Family Open	10:00- 12:00PM Family Open
9:00-10:00AM Court 1 Camp Court 2 Youth Sports	9:30-10:00AM Open Gym	9:30-11:00AM Family Open	7:00-9:30AM Camp Mel- stone	8:00-9:30AM Camp Mel- stone	11:00-6:00PM Open Gym	12:00-6:00PM Open Gym
10:00- 12:00PM Family Open	10:00- 11:00AM Youth Sports	11:00-3:00PM Open Gym	9:30-10:00AM Open Gym	9:30-11:00AM Family Open		
12:00-3:00PM Open Gym	11:00- 12:00PM Open Gym	3:00-6:00PM Court 1 Open Youth Court 2 Open Teen	10:00- 11:00AM Youth Sports	11:00- 12:00PM Youth Sports		
3:00-6:00PM Court 1 Open Youth Court 2 Open Teen	12:00-1:00PM Stay Fit	6:00-7:00PM Open Gym	11:00- 12:00PM Family Open	12:00-3:00PM Open Gym		
6:00-7:00PM Open Gym	1:00-3:00PM Open Gym	7:00-10:00PM Adult Basket- ball	12:00-1:00PM Stay Fit	3:00-6:00PM Court 1 Open Youth Court 2 Open Teen		
7:00-10:00PM Adult Basket- ball	3:00-6:00PM Court 1 Open Youth Court 2 Open Teen		1:00-3:00PM Open Gym	6:00-10:00PM Open Gym		
	6:00-10:00PM Open Gym		3:00-6:00PM Court 1 Open Youth Court 2 Open Teen			
			6:00-10:00PM Open Gym			