



MELROSE FAMILY YMCA

Gym Schedule

2/18/19-2/24/19

Updated 2/15/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-9:00AM Open Gym	6:00-7:00AM Boot Camp	5:30-6:30AM Interval Training	6:00-7:00AM Boot Camp	5:00-7:00AM Open Gym	6:30-10:00AM Open Gym	7:00-10:00AM Adult Basketball
9:00-11:00 AM Youth Sports	7:00-9:00AM Open Gym	6:30-10:00AM Open Gym	7:00-10:00AM Open Gym	7:00-8:45AM Adult Basketball	10:00-12:00PM Family Open	10:00-12:00PM Court 1 Open Family Court 2 Open Gym
11:00-1:30PM Curious Creatures	9:00-11:00AM Family Open	10:00-12:00PM Family Open	10:00-12:00PM Family Open	8:45-10:00AM Tread and Shred	12:00-6:00PM Court 1 Open Family Court 2 Open Gym	12:00-6:00PM Court 1 Open Youth Court 2 Open Teen/Adult
1:30-3:00PM Open Gym	11:00-12:00PM Open Gym	12:00-3:00PM Open Gym	12:00-1:00PM Stay Fit	10:00-12:00PM Family Open		
3:00-4:00PM Court 1 Open Youth Court 2 Open Teen	12:00-1:00PM Stay Fit	3:00-5:00PM Court 1 Open Youth Court 2 Open Teen	1:00-3:00PM Open Gym	12:00-6:00PM Court 1 Open Youth Court 2 Open Teen/Adult		
4:00-5:45 PM Court 1 Youth Sports Court 2 Open Gym	1:00-3:00PM Court 1 Open Youth Court 2 Open Teen/Adult	5:00-7:00PM Dodgeball Tournament	3:00-5:45PM Court 1 Open Youth Court 2 Open Teen	6:00-10:00PM Open Gym	<p>NOTES: The YMCA reserves the right to modify this schedule at any time. For information on Gym Rentals, Birthdays or classes please contact us at (781) 665-4360</p> <p>The Basketball Gym is closed during Travel Basketball Games: 2/24/19@ 12:00 Playoff game: TBD</p>	
5:45-7:00PM Girls Travel BBall Practice	3:00-4:00PM Court 1 Youth Sports Court 2 Open Gym	7:00-10:00 PM Adult Basketball	5:45-6:45PM Girls Travel Basketball			
7:00-10:00PM Adult Basketball	4:00-7:00PM Court 1 Open Youth Court 2 Open Gym		6:45-10:00PM Open Gym			
	7:00-10:00PM Open Gym					