



MELROSE FAMILY YMCA

Gym Schedule

2/25/19–4/14/19

Updated 3/07/19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-10:00AM 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	6:30-8:30AM Open Gym	7:00-10:00AM Adult Basketball
10:00-11:00AM Youth Sports	7:00-8:00AM Open Gym	6:30-10:00AM Open Gym	7:00-8:00AM Open Gym	7:00-8:45AM Adult Basketball	8:30-11:00AM Youth Sports	10:00-12:00PM Court 1 Open Family Court 2 Open Gym
11:00AM-3:00PM Open Gym	8:00-11:00AM St. Mary's	10:00-12:00PM Family Open	8:00-10:00AM St. Mary's	8:45-10:00AM Tread and Shred	11:00-12:00PM Court 1 Open Family Court 2 Open Gym	12:00-6:00PM Court 1 Open Youth Court 2 Open Teen/Adult
3:00-4:00PM Court 1 Open Youth Court 2 Open Teen	11:00-12:00PM Open Gym	12:00-3:00PM Court 1 Open Youth Court 2 Open Teen	10:00-11:00PM Court 1 Youth Sports Court 2 St. Mary's	10:00-12:00PM Youth Sports	12:00-6:00PM Court 1 Open Youth Court 2 Open Teen/Adult	
4:00-5:45PM Court 1 Youth Sports Court 2 Open Gym	12:00-1:00PM Stay Fit	3:00-5:45PM Court 1 Youth Sports Court 2 Open Gym	11:00-12:00PM Youth Sports	12:00-6:00PM Court 1 Open Youth Court 2 Open Teen/ Adult		
5:45-7:00 PM Girls Travel BBall Practice	1:00-3:00PM Court 1 Open Youth Court 2 Open Teen/Adult	5:45-7:00PM Girls Travel BBall Practice	12:00-100PM Stay Fit	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>	
7:00-10:00PM Adult Men's Basketball	3:00-4:00PM Court 1 Youth Sports Court 2 Open Gym	7:00-10:00 PM Adult Men's Basketball	1:00-3:00PM Open Gym			
	4:00-5:00PM Court 1 Open Youth Court 2 Open Gym		3:00-5:00PM Court 1 Youth Sports Court 2 Open Gym			
	5:00-6:00PM Court 1 Youth Sports Court 2 Open Gym		5:00-6:00PM Track Team			
	6:00-10:00PM Open Gym		6:00-10:00PM Open Gym			