

GREATER HOLYOKE YMCA: WINTER GYMNASIUM SCHEDULE-Eff. 1/2/2020 (schedule subject to change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:30am-6:30am Group Fitness	5:30am-7:15am Group Fitness	5:30am-6:30am Group Fitness	5:30am-7:15am Group Fitness
6:30am-8:30am Open Gym	7:15am-8:30am OPEN GYM	6:30am-8:30am Open Gym	7:15am-8:30am OPEN GYM
8:30am-11:00am Group Fitness	8:30am-10:00am Group Fitness	8:30am-11:00am Group Fitness	8:30am-10:00am Group Fitness
11:00am - 2:30pm Open Gym	10:00am - 2:30pm Open Gym	11:00am - 2:30pm Open Gym	10:00am - 2:30pm 1/2 Open Gym, 1/2 Pickleball
2:30pm-5:15pm 1/2 Open Gym	2:30pm-5:15pm 1/2 Open Gym	2:30pm-5:15pm 1/2 Open Gym	2:30pm-5:15pm 1/2 Open Gym
5:15pm-6:45pm Group Fitness	5:15pm-6:45pm Group Fitness	5:15pm-6:45pm Group Fitness	5:15pm-6:45pm Group Fitness
6:45pm-9:15pm Volleyball	6:45pm-9:15pm OPEN GYM	6:45pm-9:15pm Volleyball	6:45pm-9:15pm OPEN GYM
9:15pm GYM CLOSED	9:15pm GYM CLOSED	9:15pm GYM CLOSED	9:15pm GYM CLOSED
FRIDAY	SATURDAY*	SUNDAY*	
5:30am-6:30am Group Fitness	7:00am-8:30am Group Fitness	9:00am-10:00am Group Fitness	
6:30am-8:30am Open Gym	8:30am-4:45pm OPEN GYM	10:00am-2:45pm Open Gym	
8:30am-11:00am Group Fitness	4:45pm GYM CLOSED	2:45pm GYM CLOSED	
11:00am - 2:30pm Open Gym	*Party Rentals will be posted. 1/2 Gym.	*Party Rentals will be posted. 1/2 Gym.	
2:30pm-5:00pm 1/2 Open Gym			
5:00pm-9:00pm Youth Basketball League			
9:15pm GYM CLOSED			