



NASHUA SESSION A GYM SCHEDULE

Monday September 4th to Sunday October 29th, 2017

Updated 9/12/17

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday										
	Courts 1 & 2 Front	Courts 3 & 4 Back	Courts 1 & 2 Front	Courts 3 & 4 Back	Courts 1 & 2 Front	Courts 3 & 4 Back	Courts 1 & 2 Front	Courts 3 & 4 Back	Courts 1 & 2 Front	Courts 3 & 4 Back	Courts 1 & 2 Front	Courts 3 & 4 Back	Courts 1 & 2 Front	Courts 3 & 4 Back									
6:00am																							
6:15am																							
6:30am																							
6:45am																							
7:00am	Paws								Paws				FACILITY CLOSED										
7:15am																							
7:30am																							
7:45am																							
8:00am										Trail Mix													
8:15am																							
8:30am																							
8:45am																							
9:00am																							
9:15am			Cardio Kickboxing						Bootcamp														
9:30am																							
9:45am																							
10:00am				My Lil' Rookie & Me						Bootcamp													
10:15am																							
10:30am	Silver Sneakers				Silver Sneakers					Silver Sneakers													
10:45am																							
11:00am				Pre-K Rookie Sports					Pre-K Soccer														
11:15am																							
11:30am																							
11:45am																							
12:00pm	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball														
12:15pm																							
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5:30pm	Youth B-Ball Beginners (ages 6-9)																						
5:45pm																							
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6:15pm																							
6:30pm	Youth B-Ball Intermediate (ages 9-12)																						
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10:00pm																							

FACILITY CLOSED

Badminton

Open Shoot

Pick Up

Saturdays - All other times is open court. Birthday parties available to be booked.

Sundays - All other times is open court. Birthday parties available to be booked.

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