



# SESSION D - NASHUA GYM SCHEDULE

Monday March 4th to Sunday April 21st 2019

Updated 3/25/19

	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							
7:15am																	
7:30am																	
7:45am																	
8:00am											Trail Mix						
8:15am																	
8:30am																	
8:45am																	
9:00am																	
9:15am																	
9:30am			Cardio Kickboxing							Bootcamp							
9:45am																	
10:00am			Express Abs								Bootcamp						
10:15am				My Lil' Rookie & Me					Pre-K Basketball		Stretch						
10:30am	Silver Sneakers			Pre-K Rookie Sports	Silver Sneakers				Pre-K Soccer	Silver Sneakers							
10:45am																	
11:00am																	
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																	
12:30pm																	
12:45pm																	
1:00pm																	
1:15pm																	
1:30pm																	
1:45pm																	
2:00pm																	
2:15pm																	
2:30pm																	
2:45pm																	
3:00pm																	
3:15pm																	
3:30pm																	
3:45pm																	
4:00pm																	
4:15pm																	
4:30pm		School's Out		School's Out		School's Out		School's Out		School's Out							
4:45pm																	
5:00pm																	
5:15pm																	
5:30pm	Youth B-Ball Beginners (ages 6-9)									Game On! (ages 6-9)							
5:45pm																	
6:00pm			Prescribe the Y														
6:15pm																	
6:30pm	Youth B-Ball Intermediate (ages 9-12)									Game On! (ages 9-12)							
6:45pm																	
7:00pm																	
7:15pm																	
7:30pm																	
7:45pm																	
8:00pm																	
8:15pm																	
8:30pm																	
8:45pm									Badminton		Badminton						
9:00pm																	
9:15pm																	
9:30pm																	
9:45pm	FACILITY CLOSED																
10:00pm																	

Storm Dryland

Trail Mix

Badminton

Open Shoot  
Pick Up Game on one hoop only

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

FACILITY CLOSED

FACILITY CLOSED

FACILITY CLOSED

FACILITY CLOSED

FACILITY CLOSED