



# NASHUA GYM SCHEDULE

Monday December 23rd to

	Monday		Tuesday		Wednesday		Thursday	
	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	
6:00am								
6:15am								
6:30am								
6:45am								
7:00am	<b>Paws</b>							
7:15am								
7:30am								
7:45am								
8:00am								
8:15am								
8:30am								
8:45am								
9:00am								
9:15am								
9:30am		<b>Kidstop/ School's Out</b>	<b>Cardio Kickboxing</b>	<b>Kidstop/ School's Out</b>	<b>Silver Sneakers</b>	<b>Kidstop/ School's Out</b>	<b>Silver Sneakers</b>	
9:45am			<b>Express Abs</b>					
10:00am								
10:15am	<b>Silver Sneakers</b>						<b>Silver Sneakers</b>	
10:30am								
10:45am								
11:00am								
11:15am								
11:30am								
11:45am								
12:00pm	<b>Adult Pick Up Basketball</b>		<b>Adult Pick Up Basketball</b>		<b>Adult Pick Up Basketball</b>		<b>Adult Basketball</b>	
12:15pm								
12:30pm								
12:45pm								
1:00pm								
1:15pm								
1:30pm								
1:45pm								
2:00pm								
2:15pm								
2:30pm								
2:45pm								
3:00pm		<b>School's</b>		<b>School's</b>				
3:15pm								
3:30pm								
3:45pm								
4:00pm								

4:15pm								
4:30pm		<i>School's Out</i>		<i>School's Out</i>		<i>Out  Youth Wellness 5:30-7:00</i>		
4:45pm								
5:00pm								
5:15pm								
5:30pm								
5:45pm								
6:00pm								
6:15pm								
6:30pm			<i>Prescribe the Y</i>					
6:45pm								
7:00pm						<i>YMCA Chuch League Practice</i>		
7:15pm								
7:30pm			<i>Nashua Basketball League</i>					
7:45pm								
8:00pm								
8:15pm								
8:30pm								
8:45pm								
9:00pm								
9:15pm								
9:30pm								
9:45pm								
10:00pm	<b>FACILITY CLOSED</b>							



<i>Out</i>							
<i>Superhero Workout 5:00-5:45 Court 4</i>		<i>School's Out</i>					
<i>YMCA Chuch League Practice</i>							
<i>Badminton</i>		<i>Badminton</i>					