



NASHUA GYM SCHEDULE - SESSION D

Monday March 2nd to Sunday April 26th, 2020

Updated 2/21/20

	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	Paws								Paws					
7:30am	Paws								Paws					
7:45am	Paws								Paws		Trail Mix			
8:00am														
8:15am														
8:30am														
8:45am												Storm Dryland		
9:00am														
9:15am														
9:30am	Silver Sneakers		Cardio Kickboxing		Silver Sneakers									Badminton
9:45am	Silver Sneakers		Express Abs		Silver Sneakers									Badminton
10:00am								My Lil' Rookie & Me						Badminton
10:15am								Rookie Sports		Silver Sneakers				Badminton
10:30am	Silver Sneakers				Silver Sneakers									Badminton
10:45am	Silver Sneakers				Silver Sneakers									Badminton
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	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball					
12:30pm	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball					
12:45pm	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball					
1:00pm	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball					
1:15pm	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball					
1:30pm	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball					
1:45pm	Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball		Adult Pick Up Basketball					
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									
4:45pm	School's Out		School's Out		School's Out									
5:00pm														
5:15pm														
5:30pm	Pre-K Basketball													
5:45pm	Beg Basketball Skills													
6:00pm	Beg Basketball Skills													
6:15pm	Beg Basketball Skills													
6:30pm	Beg Basketball Skills													
6:45pm	Int Basketball Skills													
7:00pm	Int Basketball Skills													
7:15pm	Int Basketball Skills													
7:30pm														
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9:00pm														
9:15pm														
9:30pm														
9:45pm														
10:00pm	FACILITY CLOSED													

FACILITY CLOSED

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 booked.

FACILITY CLOSED

FACILITY CLOSED

YMCA Chuch League Practice

Badminton

Badminton

Nashua Basketball League

School's Out

Superhero Workout 5:00-5:45 Court 4

Prescribe the Y 6:00 to 6:45

School's Out

Youth Wellness 5:30-7:00

School's Out

School's Out

Pre-K Basketball

Beg Basketball Skills

Int Basketball Skills

Nashua Basketball League

YMCA Chuch League Practice

Badminton

Badminton

FACILITY CLOSED