



# NASHUA GYM SCHEDULE - SESSION A

Tuesday September 8th to Sunday November 1st, 2020

Updated 9/3/20

|         | 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 |
| 5:45am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 6:00am  |                              | Ride & Shine      |                                       | Ride & Shine      |                              |                   |                          | Ride & Shine      |                    | Ride & Shine              |                    |                   |                    |                   |
| 6:15am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 6:30am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 6:45am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 7:00am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 7:15am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 7:30am  |                              |                   |                                       |                   |                              | Group Cycling     |                          |                   |                    |                           |                    | Group Cycling     |                    |                   |
| 7:45am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:00am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:15am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:30am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:45am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 9:00am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 9:15am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 9:30am  |                              |                   |                                       |                   |                              |                   |                          |                   | Silver Sneakers    |                           |                    |                   |                    |                   |
| 9:45am  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 10:00am |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 10:15am | Silver Sneakers              |                   | Superhero Training Academy w/Parent   |                   | Silver Sneakers              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 10:30am |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 10:45am |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 11:00am |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 11:15am |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 11:30am | Basketball Game On! 6-9      |                   |                                       |                   | Basketball Skills Ages 6-9   |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 11:45am |                              |                   | Superhero Training Academy w/o Parent |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 12:00pm |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 12:15pm |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 12:30pm | Basketball Game On! 10-12    |                   | Nashua Kids Fitness Club              |                   | Basketball Skills Ages 10-12 |                   | Nashua Kids Fitness Club |                   |                    |                           |                    |                   |                    |                   |
| 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  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 4:45pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 5:00pm  | Rookies Basketball           |                   |                                       |                   |                              |                   |                          |                   |                    | Rookies Basketball        |                    |                   |                    |                   |
| 5:15pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 5:30pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 5:45pm  | Basketball Skills Ages 6-9   |                   |                                       |                   |                              |                   |                          |                   |                    | Basketball Game On! 6-9   |                    |                   |                    |                   |
| 6:00pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 6:15pm  |                              |                   |                                       |                   |                              |                   |                          | Pound!            |                    |                           |                    |                   |                    |                   |
| 6:30pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 6:45pm  | Basketball Skills Ages 10-12 | Group Cycling     |                                       |                   |                              | Group Cycling     |                          |                   |                    |                           |                    |                   |                    |                   |
| 7:00pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    | Basketball Game On! 10-12 |                    |                   |                    |                   |
| 7:15pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 7:30pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 7:45pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:00pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:15pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:30pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 8:45pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 9:00pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 9:15pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 9:30pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 9:45pm  |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |
| 10:00pm |                              |                   |                                       |                   |                              |                   |                          |                   |                    |                           |                    |                   |                    |                   |

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