NASHUA GYM SCHEDULE - FALL 2021

November 1st-December 31st

Updated 11/1/2021

	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													FACILITY CLOSED	
6:15am														
6:30am														
6:45am														
7:00am														
7:15am														
7:30am														
7:45am														
8:00am														Adult Badminton
8:15am														
9:00am											Y Dance In Motion Rehearsals	Y Dance I n Motion Rehearsals		
9:15am									Chair Yoga					
9:30am														
9:45am														
10:00am														
10:15am	Silver Sneakers		Silver Sneakers		Silver Sneakers				Silver Sneakers					
10:30am														
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		After School Program		After School Program		After School Program		After School Program		After School Program				
3:30pm							Storm Dry land Practice							
3:45pm														
4:00pm													FACILITY CLOSED	
4:15pm														
4:30pm														
4:45pm														
5:00pm							Y Dance In Motion Rehearsals				FACILITY CLOSED			
5:15pm														
5:30pm		Storm Dry land Practice				Storm Dry land Practice				Storm Dry land Practice				
5:45pm														
6:00pm														
6:15pm						Y Dance In Motion Rehearsals		Storm Dry land Practice						
6:30pm				Storm Dry land Practice										
6:45pm														
7:00pm														
7:15pm														
7:30pm														
7:45pm														
8:00pm														
8:15pm														
8:30pm														
8:45pm														
9:00pm	FACILITY CLOSED													