



**WOONSOCKET YMCA FALL GYM SCHEDULE August 25th-October 15th**

**PLEASE NOTE GYM TIMES & SCHEDULE ARE SUBJECT TO CHANGE!**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	Adult/Family 8:00-12:45PM	Gym Opens 5:00 AM	Gym Opens 5:00 AM	Gym Opens 5:00 AM	Gym Opens 5:00 AM	Gym Opens 5:00 AM
6:00 AM		Open Gym 5:00 - 8:00AM	Open Gym 5:00 - 8:00AM	Open Gym 5:00 - 8:00AM	Open Gym 5:00 - 8:00AM	Open Gym 5:00 - 8:00AM
7:00						
8:00		Beacon/Rise School PE  8:10AM-2:45PM	Beacon/Rise School PE  8:10AM-2:45PM	Beacon/Rise School PE  8:10AM-2:00PM	Beacon/Rise School PE  8:10AM-2:45PM	Beacon/Rise School PE  8:10AM-2:45PM
9:00						
10:00						
11:00						
12:00 Noon		Adults only 7-9pm 18+	3:30PM-7PM OPEN GYM	3:30PM - 7PM OPEN GYM	2:00PM - 7 PM OPEN GYM	3:30PM -7 PM OPEN GYM
1:00						
2:00						
3:00						
4:00						
5:00						
8:00						
8:30						
9pm						



**Saturday**

**Gym Opens  
7:00 AM**

**Adult/Family**