



WOONSOCKET YMCA GYM SCHEDULE Updated 01/23/19

PLEASE NOTE GYM TIMES & SCHEDULE ARE SUBJECT TO CHANGE!

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Gym Opens 5:30 AM	Gym Opens 5:30 AM	Gym Opens 5:30 AM	Gym Opens 5:30 AM	Gym Opens 5:30 AM	GYM OPENS 7 AM Adult/Family 12pm-4:45 pm Please use 1/2 Court if nessecary.
6:00 AM							
7:00							
8:00	Adult/Family 8-1pm						
9:00							
10:00		Open Gym 5:30AM-3:30PM	Open Gym 5:30AM-3:30PM	Open Gym 5:30AM-3:30PM	Open Gym 5:30AM-3:30PM	Open Gym 5:30AM-3:30PM	
11:00							
12:00 Noon							
1:00							
2:00							
3:00							
4:00		Youth and Teen 3:30PM-7PM	Youth and Teen 3:30PM-7PM	Youth and Teen 3:30PM-7PM	Youth and Teen 3:30PM-7PM	Youth and Teen 3:30PM-7PM	
5:00							
6:00							
7:00		Adult Member 7:00pm-9:00pm	Adult Member 7:00pm-9:00pm	Adult Member 7:00pm-9:00pm	Adult Member 7:00pm-9:00pm	Adult Member 7:00pm-9:00pm	
8:00							
8:30							