



**WOONSOCKET YMCA FALL GYM SCHEDULE Updated 03/10/18**

**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  <b>YOUTH &amp; TEEN</b> 7AM-12PM  <b>Adult &amp; Family</b> 12PM-4:45PM
6:00 AM							
7:00	<b>Adult &amp; Family</b>	Open Gym 5:30 - 8:00AM	Open Gym 5:30 - 8:00AM	Open Gym 5:30 - 8:00AM	Open Gym 5:30 - 8:00AM	Open Gym 5:30 - 8:00AM	
8:00		Beacon/Rise School PE  8:10AM-2:45PM	Beacon/Rise School PE  8:10AM-2:45PM	Beacon/Rise School PE  8:10AM-2:45PM	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							
1:00							
2:00		Youth and Teen 2:45PM-7:00pm	Youth and Teen 2:45PM-7:00pm	Youth and Teen 2:45PM-7:00pm	Youth and Teen 2:45PM-7:00pm	Youth and Teen 2:45PM-7:00pm	
3:00							
4:00							
5:00							
6:00		Adult Member 7:00pm-9:00pm  21+	Adult Member 7:00pm-9:00pm  21+	Adult Member 7:00pm-9:00pm  21+	Adult Member 7:00pm-9:00pm  21+	Adult Member 7:00pm-9:00pm  21+	
7:00							
8:00							
8:30							