



# Hudson YMCA GYM SCHEDULE

September 30 - October 6, 2024

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym
5:00									5:10am-5:55am HIIT Class					
5:30														
6:00			5:00am-8:30am Drop-In Open Gym		5:00am-8:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym							
6:30														
7:00														
7:30														
8:00	5:00am-11:40am Drop-In Open Gym													
8:30														
9:00			8:30am-12:00pm Drop-In Open Gym	9:00am-11:30am Family Gym					6:00am-11:40am Drop-In Open Gym					
9:30														
10:00														
10:30														
11:00														
11:30														
12:00	11:40am-1:10pm Adult Pick-Up Basketball													
12:30														
1:00														
1:30	1:10pm-1:30pm Open													
2:00	1:30pm-3:00pm Open Beginner Pickleball													
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30	3:00pm-9:00pm Drop-In Open Gym													
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
9:00														

\*\*Gym Schedule is subject to change, due to events, weather, and programming  
There could be frequent adjustments to the gym schedule.

Last Updated: 9/26/2024

Youth & Adult Sports Game Days:

YMCA Sports Program	Family Gym	Open Pickleball	Open Beg. Pickleball
Open Adult Basketball	Fitness Class	Kids Fitness Class	Gym Event/Rental