



NASHUA GYM SCHEDULE - SESSION B

Monday November 4th to Sunday December 22nd, 2019

Updated 11/4/19

	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																
6:15am																
6:30am																
6:45am																
7:00am	Paws								Paws							
7:15am																
7:30am																
7:45am																
8:00am										Trail Mix						
8:15am																
8:30am											Storm Dryland					
8:45am																
9:00am																
9:15am																
9:30am			Cardio Kickboxing						My Gym Buddy & Me							
9:45am																
10:00am			Express Abs													
10:15am																
10:30am	Silver Sneakers								Gym Class Heroes							
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																
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3:45pm																
4:00pm																
4:15pm																
4:30pm		School's Out		School's Out		School's Out		School's Out		School's Out						
4:45pm																
5:00pm																
5:15pm																
5:30pm	Pre-K Basketball															
5:45pm																
6:00pm	Beg Basketball Skills		Prescribe the Y							Game On! 6-9						
6:15pm																
6:30pm																
6:45pm																
7:00pm	Int Basketball Skills									Game On! 9-12						
7:15pm																
7:30pm																
7:45pm																
8:00pm			Nashua Basketball League													
8:15pm																
8:30pm																
8:45pm																
9:00pm									Badminton			Badminton				
9:15pm																
9:30pm																
9:45pm																
10:00pm	FACILITY CLOSED															

FACILITY CLOSED

Badminton

Open Shoot
Pick Up Game on one hoop only

Saturdays - All other times is open court. Birthday parties available to be booked.
Sundays - All other times is open court. Birthday parties available to be

FACILITY CLOSED

FACILITY CLOSED