



# NASHUA GYM SCHEDULE - BREAK WEEKS

Monday December 23rd to Sunday January 5th

Updated 12/23/19

	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	Paws								Paws					
7:30am	Paws								Paws					
7:45am	Paws								Paws		Trail Mix			
8:00am														
8:15am														
8:30am														
8:45am												Storm Dryland		
9:00am														
9:15am			Cardio Kickboxing		Silver Sneakers		Silver Sneakers							
9:30am			Express Abs		Silver Sneakers		Silver Sneakers							
9:45am			Express Abs		Silver Sneakers		Silver Sneakers							
10:00am			Express Abs		Silver Sneakers		Silver Sneakers							
10:15am			Express Abs		Silver Sneakers		Silver Sneakers							
10:30am	Silver Sneakers	Kidstop/School's Out		Kidstop/School's Out	Silver Sneakers	Kidstop/School's Out		Kidstop/School's Out	Silver Sneakers	Kidstop/School's Out				
10:45am	Silver Sneakers	Kidstop/School's Out		Kidstop/School's Out	Silver Sneakers	Kidstop/School's Out		Kidstop/School's Out	Silver Sneakers	Kidstop/School's Out				
11:00am														
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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 booked.

FACILITY CLOSED

FACILITY CLOSED

YMCA Chuch League Practice

Nashua Basketball League

Badminton

Badminton