

## **NASHUA GYM SCHEDL**

Monday December 23rd to

	Monday		Tuesday		Wednesday		Thur
	Courts	Courts	Courts	Courts	Courts	Courts	Courts
	1 & 2	3 & 4	1 & 2	3 & 4	1 & 2	3 & 4	1 & 2
	Front	Back	Front	Back	Front	Back	Front
6:00am							
6:15am							
6:30am							
6:45am							
7:00am							
7:15am	Рач	vs					
7:30am							
7:45am							
8:00am							
8:15am 8:30am							
8:45am 9:00am							
9:00am 9:15am							
9:15am 9:30am			Cardio		Silver		Silver
9:30am 9:45am			Kickboxing		Sneakers		Sneakers
10:00am			Survey Alex				
10:00am		Kidstop/	Express Abs	Vidston/		Kidstop/	
10:15am	Silver	School's		Kidstop/ School's Out	Silver	School's	
10.30am	Sneakers	Out		School's Out	Sneakers	Out	
11:00am							
11:15am							
11:30am							
11:45am							
12:00pm							
12:15pm							
12:30pm							
12:45pm	Adult Pi	ck Un	Adult F	Pick Un	Adult Pi	ick Un	Adult
1:00pm	Basket		Basketball		Basketball		Bask
1:15pm	23.5.100		20300		25.5.10		2031
1:30pm							
1:45pm							
2:00pm							
2:15pm							
2:30pm							
2:45pm							
3:00pm							
3:15pm							
3:30pm							
3:45pm							
4:00pm						School's	

4:15pm					Out	
4:30pm	School's		School's			
4:45pm	Out		Out		Youth	
5:00pm					Wellness	
5:15pm					5:30-7:00	
5:30pm						
5:45pm						
6:00pm		Prescribe				
6:15pm		the Y				
6:30pm		the r				
6:45pm						
7:00pm						
7:15pm					YMCA	
7:30pm					Chuch	
7:45pm					League	
8:00pm					Practice	
8:15pm		Nashua Baske	ethall Leaaue			
8:30pm		Nusiiuu Duski	ctbun League			
8:45pm						
9:00pm						
9:15pm						
9:30pm						
9:45pm						
10:00pm				FACILITY	CLOSED	

## **JLE - BREAK WEEKS**

Sunday January 5th

Updated 12/18/19

rsday	Fr	iday	Saturday		Sunday		
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	
	Paws				FACILITY CLOSED		
			Trail Mix				
				Storm Dryland			
						- Badminton	
Kidstop/		Kidstop/					
School's Out	Silver Sneakers	School's Out					
						Dpen Shoot	
						Pick Up  Game on one	
Pick Up etball		Pick Up ketball				noop only	
					times is o	- All other —	
					Birthday p	to be booked.	
					Sundays - times is o	pen court.	
School's					Birthday p	parties to be booked.	

Superhero Workout 5:00-5:45 Court 4	School's Out				
		FACILIT	Y CLOSED	FACILIT	Y CLOSED
YMCA Chuch League Practice					
Badminton	Badminton				