



Gym Schedule
Open Gym Times

Inside

Adult Basketball

Youth Sports

Tumble & Play



Gymnastics

PE Classes

August 30-October 31

Hampshire Regional YMCA
286 Prospect Street ▪ Northampton, MA ▪ 01060
413.584.7086 ▪ www.hrymca.org

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM			PE Class				
8:30 AM			PE Class		Gymnastics	Gymnastics	
9:00 AM			PE Class	Aerobics Class	Gymnastics	Gymnastics	
9:30 AM			PE Class	Aerobics Class	Gymnastics	Gymnastics	
10:00 AM		Tumble & Play	PE Class		Tumble & Play	Gymnastics	
10:30 AM	Youth Sports	Tumble & Play	PE Class		Tumble & Play	Gymnastics	
11:00 AM	Youth Sports	Tumble & Play	PE Class		Tumble & Play	Gymnastics	
11:30 AM		Tumble & Play	PE Class		Tumble & Play	Gymnastics	
11:45 AM	Adult Basketball		Adult Basketball		Adult Basketball	Gymnastics	
12:00 PM	Adult Basketball		Adult Basketball		Adult Basketball	Gymnastics	
12:30 PM	Adult Basketball		Adult Basketball		Adult Basketball	Gymnastics	
1:00 PM	Adult Basketball		PE Class		Adult Basketball		
1:30 PM			PE Class				Gymnastics
2:00 PM			PE Class				Gymnastics
2:30 PM			PE Class				Gymnastics
3:00 PM		Gymnastics		Gymnastics	Gymnastics/Football		Gymnastics
3:30 PM	Youth Sports	Gymnastics	Youth sports	Gymnastics	Gymnastics/Football		Gymnastics
4:00 PM	Youth Sports	Gymnastics	Youth Sports	Gymnastics	Gymnastics/Football		Gymnastics
4:30 PM	Youth Sports	Gymnastics	Youth Sports	Gymnastics	Gymnastics/Football		Gymnastics
5:00 PM	Youth Sports	Gymnastics	Youth Sports	Gymnastics	Family Fun Friday*		Gymnastics
5:30 PM	Youth Sports	Gymnastics	Youth Sports	Gymnastics	FFF		
6:00 PM	Youth Sports	Gymnastics		Gymnastics	FFF		
6:30 PM	Youth Sports	Gymnastics		Gymnastics	FFF		
7:00 PM		Gymnastics		Gymnastics	FFF	*Family Fun Fridays are on every 3rd Friday of each month. First FFF is Oct. 15th	
7:30 PM		Gymnastics		Gymnastics			
8:00 PM		Gymnastics		Gymnastics			
8:30 PM		Gymnastics		Gymnastics			
9:00 PM							
9:30 PM							

 Open Gym Times
 Gym is Closed