



YMCA MANCHESTER GYM SCHEDULE

30 Mechanic st Manchester NH 03101 603-623-3558 WWW.YOGM.ORG



ACTIVITY	MON	TUES	WEDS	THUR	FRI	SAT	SUN
Group Exercise		11:45- 12:30pm Boot Camp		11:45- 12:30pm Boot Camp			
Special classes and leagues		4:00-5:00pm Gym and Swim 6:30-8:00pm 5-8 grade Basketball league 8:00-10:00pm Adult coed soccer league	3:45 - 6:30pm Varsity Sports 6:30-8:30pm High school Volleyball League	10:30-11:30 Home school 4:00-5:00pm Gym and Swim 7:30 - 9:45pm Adult Volleyball	9:00-12:00 Pscg Gym Class 4:00-5:00pm Gym and Swim	9:00pm-1:15pm Kids Sports leagues/ classes 2:15-5:00pm Birthday Parties / Travel Practice	3:30-5:30pm Birthday Parties
Open Gym	5:45-- 11:45am 2:00 - 9:30pm	5:45 -11:30am 2:00 - 4:00pm 5:00 - 6:30pm	5:45 -11:45am 2:00 - 3:45pm 8:30pm-9:30pm	5:45 -10:30am 2:00-4:00pm 5:00pm-7:30pm	5:45 - 8:00am 2:00 - 4:00pm 5:00 - 9:30pm	8:00-9:00am	11:00 - 3:30pm
Adult Basketball	11:45 - 2:00pm	12:30 - 2:00pm	11:45 - 2:00pm	12:30 - 2:00pm	11:45 - 2:00pm		7:45- 11:00am