




HARLEM YMCA GYMNASIUM SCHEDULE

2022 SESSION 222 | FEBRUARY 28-MAY 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|-------------------------------------|----------------------------------|------------------------------------|-------------------------------------|----------------------------------|---|-----------------------------------|
| 6:30 AM | OPEN GYM 6:30 AM – 12:00 PM | OPEN GYM 6:30 AM – 12:00 PM | OPEN GYM 6:30 AM – 12:00 PM | OPEN GYM 6:30 AM – 12:00 PM | OPEN GYM 6:30 AM – 12:00 PM | GYM OPENS AT 8:00 AM | GYM OPENS AT 8:00 AM |
| 7:00 AM | | | | | | | |
| 7:30 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 8:30 AM | | | | | | FAMILY TIME 8:00 AM – 9:30 AM | FAMILY TIME 8:00 AM – 12:00 PM |
| 9:00 AM | | | | | | | |
| 9:30 AM | | | | | | | |
| 10:00 AM | | | | | | BASKETBALL CLASS 10:00 AM-11:50 AM | |
| 10:30 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 11:30 AM | | | | | | | |
| 12:00 PM | FAMILY TIME 12:00 PM –3:00 PM | FAMILY TIME 12:00 PM –3:00 PM | FAMILY TIME 12:00 PM –3:00 PM | FAMILY TIME 12:00 PM –3:00 PM | FAMILY TIME 12:00 PM –3:00 PM | TENNIS CLASS 12:00 PM-1:50 PM | |
| 12:30 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | | | | | | |
| 2:00 PM | | | | | | OPEN GYM 2:00 PM –2:30 PM | |
| 2:30 PM | | | | | | | |
| 3:00 PM | TEEN TIME 3:00 PM-5:00 PM | TEEN TIME 3:00 PM-3:50PM | TEEN TIME 3:00 PM-6:00 PM | TEEN TIME 3:00 PM-3:50 PM | TEEN TIME 3:00 PM-5:00 PM | GYM CLOSSES AT 3:00 PM | GYM CLOSSES AT 3:00 PM |
| 3:30 PM | | TENNIS CLASS 4:00 PM-5:00 PM | | BASKETBALL CLASS 4:00 PM-5:00 PM | | | |
| 4:00 PM | | TENNIS CLASS 5:00 PM-6:00 PM | | BASKETBALL CLASS 5:00 PM-6:00 PM | | | |
| 4:30 PM | | | | | | | |
| 5:00 PM | INSANITY CLASS 6:00 PM-7:00 PM | OPEN GYM 6:10 PM-8:00 PM | BOOT CAMP CLASS 6:20 PM-7:20 PM | OPEN GYM 6:10 PM-8:00 PM | OPEN GYM 5:10 PM to 8:00 PM | NEW! App reservations are now required for all group ex classes. Please scan code to install the Y APP.  | |
| 5:30 PM | | | | | | | |
| 6:00 PM | POWER STEP CLASS 7:15 PM-8:00 PM | OPEN GYM 7:20 PM-8:00 PM | | | | | |
| 6:30 PM | | | | | | | |
| 7:00 PM | | | | | | | |
| 7:30 PM | | | | | | | |
| 8:00 PM | | | | | | | |