




HARLEM YMCA GYMNASIUM SCHEDULE

2022 SESSION 224 | July 5th-August 28th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 AM	OPEN GYM 6:30AM – 11:00AM	OPEN GYM 6:30AM – 11:00AM	OPEN GYM 6:30AM – 11:00AM	OPEN GYM 6:30AM – 11:00AM	OPEN GYM 6:30AM – 11:00AM	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 8:00AM – 9:30AM	FAMILY TIME 8:00AM – 12:00PM
9:00 AM							
9:30 AM							
10:00 AM							
10:30 AM	BASKETBALL CLASS 10:00AM-11:50AM						
11:00 AM							
11:30 AM							
12:00 PM	SUMMER DAY CAMP 11:00AM -3:00PM	SUMMER DAY CAMP 11:00AM -3:00PM	SUMMER DAY CAMP 11:00AM -3:00PM	SUMMER DAY CAMP 11:00AM -3:00PM	SUMMER DAY CAMP 11:00AM -3:00PM	TENNIS CLASS 12:00PM-1:50PM	
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM						OPEN GYM 2:00PM –2:30PM	
2:30 PM							
3:00 PM	TEEN TIME 3:00PM-5:30PM	TEEN TIME 3:00PM-3:50PM	TEEN TIME 3:00PM-6:00PM	TEEN TIME 3:00PM-3:50PM	TEEN TIME 3:00PM-5:00PM	GYM CLOSSES AT 2:30PM	GYM CLOSSES AT 2:30PM
3:30 PM		TENNIS CLASS 4:00PM-5:00PM		BASKETBALL CLASS 4:00PM-5:00PM			
4:00 PM		TENNIS CLASS 5:00PM-6:00PM		BASKETBALL CLASS 5:00PM-6:00 PM			
4:30 PM	INSANITY CLASS 6:00PM-7:00PM <i>*(app reservations required)</i>	OPEN GYM 6:10PM-8:00PM	OPEN GYM 6:10PM-8:00PM	OPEN GYM 6:10PM-8:00PM	OPEN GYM 5:10PM-8:00PM	<p>App reservations are required for all group ex classes. Please scan code to install the Y APP.</p> 	
5:00 PM							
5:30 PM							
6:00 PM	POWER STEP CLASS 7:15PM-8:00PM <i>*(app reservations required)</i>	OPEN GYM	OPEN GYM	OPEN GYM			
6:30 PM							
7:00 PM							
7:30 PM							
8:00 PM							