



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 – 10:00AM	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						SUMMER DAY CAMP 10:00AM – 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	FAMILY TIME 8:00AM – 9:30AM	FAMILY TIME 8:00AM – 12:00PM					
8:00 AM																	
8:30 AM											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	BASKETBALL CLASS 10:00AM-11:50AM
9:00 AM																	
9:30 AM	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
10:00 AM																	
10:30 AM						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		OPEN GYM 2:00PM – 2:30PM					
11:00 AM																	
11:30 AM											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	
12:00 PM																	
12:30 PM	TEEN TIME 3:00PM-5:30PM	TENNIS CLASS 4:00PM-5:00PM	TEEN TIME 3:00PM-6:00PM	BASKETBALL CLASS 4:00PM-5:00PM	TEEN TIME 3:00PM-5:00PM											GYM CLOSSES AT 2:30PM	
1:00 PM																	
1:30 PM						TEEN TIME 3:00PM-5:30PM	TENNIS CLASS 5:00PM-6:00PM	TEEN TIME 3:00PM-6:00PM	BASKETBALL CLASS 5:00PM-6:00 PM	TEEN TIME 3:00PM-5:00PM						App reservations are required for all group ex classes. Please scan code to install the Y APP.	
2:00 PM																	
2:30 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		
3:00 PM																	
3:30 PM	POWER STEP CLASS 7:15PM-8:00PM <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												
3:30 PM																	
4:00 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							
4:30 PM																	
5:00 PM											POWER STEP CLASS 7:15PM-8:00PM <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		
5:30 PM																	
6:00 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												
6:30 PM																	
7:00 PM						POWER STEP CLASS 7:15PM-8:00PM <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							
7:30 PM																	
8:00 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		