



GYM SCHEDULE

Winter | Session 1 | January 2-February 26, 2023

as of 12.2.22

* Schedule changes are noted in red.



MON	TUES	WED	THURS	FRI	SAT	SUN
Open Gym 6:30-9:45 AM	Open Gym 6:30-9:45 AM	Morning Yoga 7:00-7:50 AM Ginna Gym Closed 15 minutes Open Gym 8:05 AM-9:45 AM	Open Gym 6:30-8:45 AM Gym closed 15 minutes Stretch & Release 9 - 9:50 AM Maddi M	Open Basketball 6:30-9:45 AM	Morning Yoga 8-8:50 AM Adele Gym closed 10 minutes 9 - 9:50 AM YMCA	Open Gym 8-9:50 AM
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes		Gym Closed 15 minutes	Gym closed 25 minutes
Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Stefanie M.	Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Conditioning 10 - 10:50 AM Ali A.	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	Open Basketball 10 - 10:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
MG & Me Playdate 11 - 11:50 AM	MG&Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	Morning Yoga 11 - 11:50 AM Ginna	Instructional Youth Basketball - Intern. Ages 7-12 11:30-12:30 PM	Gym Closed 10 Minutes
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 30 Minutes	12 - 1 PM YMCA
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM Anna 1 - 1:50 PM YMCA	Cardio Strength 12-12:50 PM Jon C. Gym Closed 15 minutes Open Pickleball Adults 18+ 1 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Circuit Training 1 - 1:50 PM Carlos R. Gym Closed 10 minutes 2 - 3 PM YMCA	Gym Closed 30 Minutes
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 120 min.	Open Pickleball Adults 18+ 1:30 - 3:30 PM
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM Tumbling Ages 4-6 4-5PM 5 -6 PM YMCA	A-Tech HS 2-3:30 PM Instructional Youth Soccer-Ages 4-12 3:30 - 4:30 PM Youth Capoeira Ages 5-10 5 - 6 PM	Saturday Night Lights— Basketball Teens Ages 11-14 5-7 PM	Gym Closed
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Saturday Night Lights— Basketball Teens Ages 15-18 7-9 PM	
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.	Boot Camp 6:30 - 7:20 PM Mark	6 - 7 PM YMCA Gym Closed 60 Minutes		
Open Basketball Adults 18+ 7:30-9:30 PM	Open Basketball Adults 18+ 7:30-9:30 PM	Open Pickleball Adults 18+ 7:30 - 9:30 PM	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:30 PM	Open Basketball Adults 18+ 8-9:30 PM		

GREENPOINT YMCA 99 MESEROLE AVENUE, BROOKLYN, NY 11222 | YMCANYC.ORG/GREENPOINT | 212-912-2260

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STUDIO A & B

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		Gym Closed 15 minutes	Gym closed 15 minutes		Gym closed 10 minutes	
		Open Gym 8:05 AM-9:45 AM	Stretch & Release 9 - 9:50 AM Maddi M		9 - 9:50 AM YMCA	
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes		
Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Stefanie M.	Core Conditioning 10 - 10:50 AM Maddi M.	Gentle Yoga 10 - 10:50 AM Erin C	Total Body Conditioning 10 - 10:50 AM Ali A.	Gym closed 25 minutes	Open Basketball 10 - 10:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Beg. Ages 4-6 10:15-11:15 AM	
MG & Me Playdate 11 - 11:50 AM	MG&Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	MG & Me Playdate 11 - 11:50 AM	Morning Yoga 11 - 11:50 AM Ginna	Gym Closed 15 Minutes	Open Basketball 11 - 11:50 AM
Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Gym Closed 10 minutes	Instructional Youth Basketball - Interm. Ages 7-12 11:30-12:30 PM	
					Gym Closed 30 Minutes	
Open Pickleball Adults 18+ 12 - 1:45 PM	Open Pickleball Adults 18+ 12 - 1:45 PM	Mat Pilates 12 - 12:50 PM Anna	Cardio Strength 12-12:50 PM Jon C.	Open Pickleball Adults 18+ 12 - 1:45 PM	Circuit Training 1 - 1:50 PM Carlos R.	12 - 1 PM YMCA
		1 - 1:50 PM YMCA	Gym Closed 15 minutes		Gym Closed 10 minutes	Gym Closed 30 Minutes
			Open Pickleball Adults 18+ 1 - 1:45 PM		Gym Closed 10 minutes	
Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 10 minutes	Gym Closed 15 minutes	Gym Closed 15 minutes	Gym Closed 120 min.	Open Pickleball Adults 18+ 1:30 - 3:30 PM
Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-5 PM	Afterschool 2-4 PM	A-Tech HS 2-3:30 PM	Saturday Night Lights— Basketball Teens Ages 11-14 5-7 PM	Gym Closed
			Tumbling Ages 4-6 4-5PM	Instructional Youth Soccer-Ages 4-12 3:30 - 4:30 PM		
5 - 6 PM YMCA	5 - 6 PM YMCA	Instructional Youth Basketball -Beginner Ages 4-6 5-6 PM	5 -6 PM YMCA	Youth Capoeira Ages 5-10 5 - 6 PM		
Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes	Gym Closed 30 Minutes		
Strength Training 6:30 - 7:20 PM Ali A.	Circuit Training 6:30 - 7:20 PM Carlos R.	Vinyasa Yoga 6:30 - 7:20 PM Stefanie M.	Boot Camp 6:30 - 7:20 PM Mark	6 - 7 PM YMCA	Saturday Night Lights— Basketball Teens Ages 15-18 7-9 PM	
Open Basketball Adults 18+ 7:30-9:30 PM	Open Basketball Adults 18+ 7:30-9:30 PM	Open Pickleball Adults 18+ 7:30 - 9:30 PM	Open Volleyball Adults 18+ (Intermediate/ Adv) 7:45-9:30 PM	Gym Closed 60 Minutes		
				Open Basketball Adults 18+ 8-9:30 PM		

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