

the GYMNASIUM SCHEDULE

FLUSHING YMCA

as of 10.30.2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	6:30-8:30 Teen & Adult Basketball	6:30-8:30 Teen & Adult Basketball	6:30-9:00 Teen & Adult Basketball	6:30-8:30 Teen & Adult Basketball	6:30-8:30 Teen & Adult Basketball	YMCA OPENS AT 8:00AM	
8AM							
9AM		9:00-9:50 Total Body			9:00-9:50 Total Body	8:00-9:45 Teen & Adult Basketball	
10AM	9:00-9:50 10:00-10:50 11:00-11:50 AOA Classes *	10:00-10:50 11:00-11:50 AOA Classes *		9:00-9:50 10:00-10:50 11:00-11:50 AOA Classes *	10:00-10:50 11:00-11:50 AOA Classes *		8:00-1:00 Teen & Adult Basketball
11AM						10:00-10:50 11:00-11:50 12:00-12:50 Basketball Classes \$	
12PM							
1PM	12:20-3:00 Family & Adult Basketball	12:20-3:00 Family & Adult Basketball	9:00-3:00 Family & Adult Basketball	12:20-3:00 Family & Adult Basketball	12:20-3:00 Family & Adult Basketball	1:00-1:50 2:00-2:50 Soccer Classes \$	
2PM							1:00-4:50 ½ Family ½ Teen & Adult Basketball
3PM						3:00-4:50 Teen & Adult Basketball	
4PM							
5PM	3:00-8:00 Teen & Adult Basketball	3:00-8:00 Teen & Adult Basketball	3:00-8:00 Teen & Adult Basketball	3:00-8:00 Teen & Adult Basketball	3:00-8:00 Teen & Adult Basketball	YMCA CLOSING AT 5:00PM	
6PM							
7PM							
8PM							
9PM	8:00 - 9:50 Adult Basketball	8:00 - 9:50 Adult Basketball	8:00 - 9:50 Adult Basketball	8:00 - 9:50 Adult Basketball	8:00 - 9:50 Adult Basketball		
10PM	YMCA CLOSING AT 10:00PM						



* Registration required
\$ Paid programming

Schedule subject to change
without notice