



# GYMNASIUM SCHEDULE

## FLUSHING YMCA

as of 04.29.2024

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



\* Registration required  
\$ Paid programming

Schedule subject to change  
without notice