



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOLYOKE YMCA OPEN GYM TIME

FALL 2023

Monday

7:15-8:45 AM

10-11:30 AM 1/2 Gym Only

12:30-2:45 PM

3:45-5:30 PM 1/2 Gym Only

Tuesday

7:15-9 AM

10:15-11:30 AM 1/2 Gym Only

11:30-2:45 PM

3:45-5:30 PM 1/2 Gym Only

7:15-8:15 PM

Wednesday

7:15-8:45 AM

10-11:30 AM 1/2 Gym Only

12:30-2:45 PM

3:45-5:30 PM 1/2 Gym Only

Thursday

7:15-9 AM

10:15-11:30 AM 1/2 Gym Only

11:30-2:45 PM

3:45-5:15 PM 1/2 Gym Only

5:15-8:15 PM

Friday

7:15-8:45 AM

10-11:30 AM 1/2 Gym Only

12:30-2:45 PM

3:45-5:30 PM 1/2 Gym Only

Saturday

7-9:30 AM

12-1:15 PM



Schedule is subject to change