



Hudson YMCA GYM SCHEDULE

April 29 - May 5, 2024

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2
	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym	West Gym	East Gym
5:00	5:00am-7:00am Drop-In Open Gym		5:00am-8:30am Drop-In Open Gym		5:00am-7:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym		5:10am-5:55am HIIT Class		CLOSED		CLOSED	
5:30									6:00am-7:00am Drop-In Open Gym					
6:00														
6:30														
7:00	7:00am-10:00am Int/Advanced Open Pickleball		Open		7:00am-10:00am Int/Advanced Open Pickleball		8:45am-10:00am Open Gym		7:00am-10:00am Int/Advanced Open Pickleball		7:00am-9:00am Int/Advanced Open Pickleball		9:00am-10:00am Open Beginner Pickleball	
7:30			9:00am-11:30am Family Gym				9:00am-9:45am Circuit							
8:00					10:15am-10:45am Open		10:00am-1:00pm Int/Advanced Open Pickleball		10:15am-11:40am Drop-In Open Gym					
8:30					10:15am-10:45am Kids Fit									
9:00					10:45-11:40am Open									
9:30														
10:00	10:15am-11:40am Drop-In Open Gym		11:15am-12:00pm Open		11:40am-1:10pm Adult Pick-Up Basketball				11:40am-1:10pm Adult Pick-Up Basketball					
10:30			12:00pm-1:00pm Drop-In Open Gym				1:00pm-2:00pm Open Beginner Pickleball				7:00am-5:00pm Drop-In Open Gym			
11:00														
11:30	11:40am-1:10pm Adult Pick-Up Basketball													
12:00														
12:30	1:10pm-1:30pm Open		1:00pm-3:15pm Pickleball Class						1:15pm-4:30pm Drop-In Open Gym					
1:00	1:30pm-2:30pm Open Beginner Pickleball													
1:30														
2:00			OPEN		3:15-4:30pm Pickleball Class									
2:30			4:00-5:00pm Sports		OPEN									
3:00							1:00pm-9:00pm Drop-In Open Gym							
3:30														
4:00														
4:30														
5:00	2:30pm-9:00pm Drop-In Open Gym		5:00pm-9:00pm Youth Sports				2:00pm-9:00pm Drop-In Open Gym		4:30pm-7:30pm Open Gym		5:00pm-7:00pm Family Gym		CLOSED	
5:30													CLOSED	
6:00													CLOSED	
6:30													CLOSED	
7:00													CLOSED	
7:30													CLOSED	
8:00													CLOSED	
8:30													CLOSED	
9:00									7:30pm-9:00pm Drop-In Open Gym				CLOSED	

**Gym Schedule is subject to change, due to events, weather, and programming
There could be frequent adjustments to the gym schedule.

Last Updated: 4/27/2024

Youth & Adult Sports Game Days:

YMCA Sports Program	Family Gym	Open Pickleball	Open Beg. Pickleball
Open Adult Basketball	Fitness Class	Kids Fitness Class	Gym Event/Rental