

**REGIONAL YMCA  
GYMNASIUM SCHEDULE**

**2 Huckleberry Hill Rd  
Brookfield, CT 06804**



|      | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>                                    | <b>Saturday</b>                               | <b>Sunday</b>                                 |
|------|--|---|--|---|--|---|---|
| 5AM  | <b>Open Gym</b><br>5:30a-7:00a                                   | <b>Open Gym</b><br>5:30a-7:45a                                    | <b>Open Gym</b><br>5:30a-7:00a                                   | <b>Open Gym</b><br>5:30a-7:45a                                    | <b>Open Gym</b><br>5:30a-7:00a                   |   |   |
| 6AM  |  |   |  |   |  |   |   |
| 7AM  | <b>Volleyball</b><br>7:00a-9:00a<br>1/2 Open Gym                 | <b>Group X</b><br>7:45a-10:15a<br>No Open Gym                     | <b>Volleyball</b><br>7:00a-9:00a<br>1/2 Open Gym                 | <b>Group X</b><br>7:45a-10:30a<br>No Open Gym                     | <b>Volleyball</b><br>7:00a-9:00a<br>1/2 Open Gym | <b>Open Gym</b><br>7:00a-8:45a                | <b>Open Gym</b><br>7:00a-8:45a                |
| 8AM  |  |   |  |   |  | <b>Group X</b><br>8:45a-10:15a<br>No Open Gym | <b>Group X</b><br>8:45a-10:00a<br>No Open Gym |
| 9AM  | <b>Group X</b><br>9:00a-12:00p<br>No Open Gym                    |   | <b>Group X</b><br>9:00a-11:30a<br>No Open Gym                    |   | <b>Group X</b><br>9:00a-11:30a<br>No Open Gym    |   |   |
| 10AM |  | <b>Open Gym</b><br>10:15a-12:30p                                  |  | <b>Open Gym</b><br>10:30a-12:30p                                  |  | <b>Open Gym</b><br>10:15a-4:00p               | <b>Open Gym</b><br>10:00a-4:00p               |
| 11AM |  |   |  |   |  |   |   |
| 12PM | <b>Open Gym</b><br>12:00-3:00p                                   | <b>Pickleball</b><br>12:30p-2:30p<br>No Open Gym                  | <b>Open Gym</b><br>11:30a-3:00p                                  | <b>Pickleball</b><br>12:30p-2:30p<br>No Open Gym                  | <b>Open Gym</b><br>11:30a-7:00p                  |   |   |
| 1PM  |  |   |  |   |  |   |   |
| 2PM  |  | <b>Open Gym</b><br>2:30p-3:00p                                    |  | <b>Open Gym</b><br>2:30p-3:00p                                    |  |   |   |
| 3PM  | <b>Middle School</b><br>3:00p-4:00p<br>1/2 Open Gym              | <b>Middle School</b><br>3:00p-4:00p<br>1/2 Open Gym               | <b>Middle School</b><br>3:00p-4:00p<br>1/2 Open Gym              | <b>Middle School</b><br>3:00p-4:00p<br>1/2 Open Gym               |  |   |   |
| 4PM  | <b>SACC</b><br><b>Youth Sports</b><br>4:00p-5:00p<br>No Open Gym | <b>SACC</b><br><b>Middle School</b><br>4:00p-5:00p<br>No Open Gym | <b>SACC</b><br><b>Youth Sports</b><br>4:00p-5:00p<br>No Open Gym | <b>SACC</b><br><b>Middle School</b><br>4:00p-5:00p<br>No Open Gym |  |   |   |
| 5PM  | <b>Teen Strong</b><br>5:15-6:15p<br>No Open Gym                  | <b>Open Gym</b><br>5:00-5:45p                                     | <b>Open Gym</b><br>5:00-9:00p                                    | <b>Teen Strong</b><br>5:15-6:15p<br>No Open Gym                   |  |   |   |
| 6PM  | <b>Group X</b><br>6:15p-7:30p<br>No Open Gym                     | <b>Group X</b><br>5:45p-7:00p<br>No Open Gym                      |  |   | <b>Group X</b><br>6:15p-7:30p<br>No Open Gym     |   |   |
| 7PM  | <b>Open Gym</b><br>7:30p-9:00p                                   | <b>Open Gym</b><br>7:00p-9:00p                                    |  | <b>Open Gym</b><br>7:30p-9:00p                                    |  |   |   |