

**REGIONAL YMCA  
GYMNASIUM SCHEDULE**

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



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM	<b>Group X</b> 5:45a-6:30a	<b>Open Gym</b> 5:30a-6:00a	<b>Open Gym</b> 5:30a-7:00a	<b>Open Gym</b> 5:30a-6:00a	<b>Open Gym</b> 5:30a-7:00a		
6AM	<b>Open Gym</b> 6:30a-7:00a	<b>Pickleball</b> 6:00a-7:30a		<b>Pickleball</b> 6:00a-7:30a			
7AM	<b>Volleyball</b> 7:00a-9:00a 1/2 Open Gym	1/2 Open Gym	<b>Volleyball</b> 7:00a-9:00a 1/2 Open Gym	1/2 Open Gym	<b>Volleyball</b> 7:00a-9:00a 1/2 Open Gym	<b>Open Gym</b> 7:00a-8:45a	<b>Open Gym</b> 7:00a-8:45a
8AM		<b>Group X</b> 7:45a-10:15a No Open Gym		<b>Group X</b> 7:45a-11:30a No Open Gym		<b>Group X</b> 8:45a-10:15a No Open Gym	<b>Group X</b> 8:45a-10:00a No Open Gym
9AM	<b>Group X</b> 9:00a-12:00p No Open Gym		<b>Group X</b> 9:00a-12:45a No Open Gym		<b>Group X</b> 9:00a-12:45p No Open Gym		
10AM		<b>Open Gym</b> 10:15a-12:30p				<b>Open Gym</b> 10:15a-4:00p	<b>Open Gym</b> 10:00a-1:00p
11AM				<b>Open Gym</b> 11:30a-12:30p			
12PM	<b>Open Gym</b> 12:00p-3:30p	<b>Pickleball</b> 12:30p-2:30p No Open Gym	<b>Open Gym</b> 12:45a-4:30p	<b>Pickleball</b> 12:30p-2:30p No Open Gym			
1PM					<b>Open Gym</b> 12:45p-4:30p		<b>Pickleball</b> 1:00p-3:00p
2PM		<b>Open Gym</b> 2:30p-4:30p		<b>Open Gym</b> 2:30p-3:30p			1/2 Open Gym <b>Open Gym</b> 3:00p-4:00p
3PM	<b>TEEN STRONG</b> 3:30p-4:15p 1/2 Open Gym			<b>TEEN STRONG</b> 3:30p-4:15p 1/2 Open Gym			
4PM	<b>SACC</b> 4:30p-5:30p 1/2 Open Gym	<b>Youth Basketball</b> 4:30p-5:30p	<b>SACC</b> 4:30p-5:30p 1/2 Open Gym	<b>Open Gym</b> 4:15p-5:45p			
5PM	<b>PRE-TEEN STRONG</b> 5:30p-6:00p 1/2 Open Gym	1/2 Open Gym	<b>Open Gym</b> 5:30p-7:00p	<b>PRE-TEEN STRONG</b> 5:45p-6:15p 1/2 Open Gym	<b>Volleyball ages 13+</b> 4:30p-6:30p 1/2 Open Gym		
6PM	<b>Group X</b> 6:15p-7:30p No Open Gym	<b>Group X</b> 5:45p-7:00p No Open Gym		<b>Group X</b> 6:15p-7:30p No Open Gym	<b>Open Gym</b> 6:30p-7:00p		
7PM	<b>Open Gym</b> 7:30p-9:00p	<b>PickUp Basketball</b> 7:00p-9:00p No Open Gym	<b>Volleyball 13+</b> 7:00p-9:00p 1/2 Open Gym	<b>Open Gym</b> 7:30p-9:00p			