



DODGE YMCA Gymnasium Schedule

TEMPORARY GYM SCHEDULE JUNE 25 - 29

COURT	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
	A	B	A	B	A	B	A	B	A	B	A	B	A	B	
M o r n i n g	Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-8:45am		Adult Open Gym 5:30am-9:15am		Adult Open Gym 6:00am-8:00am		Adult Open Gym 7:00am-10:00am		
	Toddler Time 9:00am-9:45am		Total Body Conditioning 9:00am-10:00am		Body Pump Express 8:45am-9:30am		Total Body Conditioning 9:00am-10:00am		Grit Cardio 9:30am-10:00am		Les Mills BodyPump™ 8:00am-9:00am		Toddler Time 10:00am-12:00pm		
	DAY CAMP TRAINING 10:00am - 5:00pm		Zumba 10:00am-11:00am		GRIT Cardio 9:40am-10:10am		DAY CAMP TRAINING 10:00am - 3:30pm		CxWorx 10:05am-10:35am		Open GYM 9:30am-3:30pm		Family Open Gym 12:00pm-1:00pm		
AOA Cardio Conditioning 11:00 am - 12:00pm			Pilates 10:15am - 11:15am		DAY CAMP TRAINING 10:35am - 2:30pm				Teen Open Gym 1:00pm-3:30pm						
Core Training 12:00pm-12:30pm			Tai Chi 11:30am-12:30am								Birthday Parties 3:30pm-6:00pm		Open Gym 3:30pm-6:00pm		
Adult Open Gym 12:30pm-3:30pm			Adult Open Gym 12:30pm-2:00pm												Adult Volleyball 6:00pm-7:45pm
			AOA Strength Training 2:00pm-3:00pm												
Teen Open Gym 3:30pm-5:15pm			Jazz 3:00pm-4:00pm		Teen Open Gym 3:30pm-5:15pm		Adult Open Gym 2:30pm-3:30pm		DAY CAMP TRAINING 2:30pm - 5:30pm						
Total Body Conditioning 6:00pm-7:00pm		Teen Open Gym 5:15pm-7:25pm		Privates 5:15pm-7:25pm		Teen Open Gym 5:15pm-6:15pm		Privates 5:15pm-7:25pm		Teen Open Gym 5:30pm-7:25pm		Adult Open Gym 6:00pm-7:45pm			
BodyPump™ 7:00pm-8:00pm		Adult Basketball 7:30pm-10:45pm		BodyPump™ 6:30pm-7:30pm		Teen Open Gym 6:30pm-8:00pm		Adult Basketball 7:30pm-10:45pm		Facility Closed 8:00pm		Facility Closed 8:00pm			
Adult Soccer 8:15pm-10:45pm				Adult Volleyball 7:45pm-10:45pm		Adult Soccer 8:15pm-10:45pm				Dodge YMCA 225 Atlantic Ave. Brooklyn, NY 11201 212.912.2400 ymcanyc.org/dodge					