



Hudson YMCA GYM SCHEDULE

September 30 - October 6, 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									5:10am-5:55am HIIT Class					
5:30														
6:00			5:00am-8:30am Drop-In Open Gym		5:00am-8:00am Drop-In Open Gym		5:00am-8:45am Drop-In Open Gym							
6:30														
7:00														
7:30														
8:00	5:00am-11:40am Drop-In Open Gym													
8:30														
9:00														
9:30														
10:00			8:30am-12:00pm Drop-In Open Gym	9:00am-11:30am Family Gym										
10:30														
11:00														
11:30														
12:00	11:40am-1:10pm Adult Pick-Up Basketball													
12:30														
1:00	1:10pm-1:30pm Open													
1:30	1:30pm-3:00pm Open Beginner Pickleball													
2:00														
2:30														
3:00														
3:30														
4:00														
4:30														
5:00														
5:30	3:00pm-9:00pm Drop-In Open Gym													
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
9:00														

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

Last Updated: 9/26/2024

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



Hudson YMCA GYM SCHEDULE

October 7 - October 13, 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-6:55am Drop-In Open Gym					
6:00														
6:30														
7:00	7:00am-10:00am Open Pickleball Int/Advanced		8:30am-12:00pm Drop-In Open Gym		7:00am-10:00am Open Pickleball Int/Advanced		8:45am-10:00am Open Gym		7:00am-10:00am Open Pickleball Int/Advanced					
7:30			9:00am-11:30am Family Gym				9:00am-9:45am Circuit							
8:00														
8:30														
9:00														
9:30														
10:00	10:15am-11:40am Drop-In Open Gym				10:00am-11:40am Drop-In Open Gym		10:00am-11:00am Open Beginner Pickleball		10:15am-11:40am Drop-In Open Gym					
10:30														
11:00														
11:30	11:40am-1:10pm Adult Pick-Up Basketball		12:00pm-1:00pm Open Beg/Int Pickleball		11:40am-1:10pm Adult Pick-Up Basketball		11:00am-2:00pm Open Pickleball Int/Advanced		11:40am-1:10pm Adult Pick-Up Basketball		7:00am-5:00pm Drop-In Open Gym		7:00am-5:00pm Drop-In Open Gym	
12:00														
12:30														
1:00	1:10pm-1:30pm Open		1:00-2:00pm PickleBall Class											
1:30	1:30pm-3:00pm Open Beginner Pickleball		2:00pm-4:30pm Drop-In Open Gym		1:00pm-4:00pm Drop-In Open Gym				1:15pm-4:30pm Drop-In Open Gym					
2:00			2:10-3:10pm Pickleball Class											
2:30			3:15-4:20pm Open Gym											
3:00														
3:30														
4:00														
4:30					4:15pm-7:15pm Youth Sports		4:00pm-7:30pm Drop-In Open Gym		4:30pm-7:30pm Open Gym		5:00pm-7:00pm Family Gym		CLOSED	
5:00	3:00pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym								CLOSED		CLOSED	
5:30														
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
9:00					7:30pm-9:00pm Drop-In Open Gym				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: 10/2/2024

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



Hudson YMCA GYM SCHEDULE

October 14 - October 20, 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														
6:00									6:00am-6:55am Drop-In Open Gym					
6:30														
7:00	7:00am-10:00am Open Pickleball Int/Advanced				7:00am-10:00am Open Pickleball Int/Advanced				7:00am-10:00am Open Pickleball Int/Advanced					
7:30														
8:00														
8:30														
8:45							8:45am-10:00am Open Gym		9:00am-9:45am Circuit					
9:00			8:30am-12:00pm Drop-In Open Gym											
9:30			9:00am-11:30am Family Gym											
10:00	10:15am-11:40am Drop-In Open Gym				10:00am-11:40am Drop-In Open Gym		10:00am-11:00am Open Beginner Pickleball		10:15am-11:40am Drop-In Open Gym					
10:30														
11:00														
11:30	11:40am-1:10pm Adult Pick-Up Basketball				11:40am-1:10pm Adult Pick-Up Basketball		11:00am-2:00pm Open Pickleball Int/Advanced		11:40am-1:10pm Adult Pick-Up Basketball		7:00am-5:00pm Drop-In Open Gym		7:00am-5:00pm Drop-In Open Gym	
12:00			12:00pm-1:00pm Open Beg/Int Pickleball											
12:30														
1:00	1:10pm-1:30pm Open		1:00-2:00pm PickleBall Class											
1:30	1:30pm-3:00pm Open Beginner Pickleball				1:00pm-4:00pm Drop-In Open Gym									
2:00			2:00pm-4:30pm Drop-In Open Gym											
2:10														
2:30														
3:00														
3:15														
3:30														
4:00														
4:15					4:15pm-7:15pm Youth Sports									
4:30														
4:45														
5:00														
5:30	3:00pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		4:00pm-7:30pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		4:30pm-7:30pm Open Gym		5:00pm-7:00pm Family Gym		CLOSED	
6:00														
6:30														
7:00														
7:30														
8:00														
8:30														
9:00									7:30pm-9:00pm Drop-In Open Gym					

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Last Updated: 10/2/2024

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