



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



Hudson YMCA

GYM SCHEDULE

May 6 - May 12, 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	7:00am-10:00am Int/Advanced Open Pickleball				Open				7:00am-10:00am Int/Advanced Open Pickleball		8:45am-10:00am Open Gym		9:00am-9:45am Circuit		7:00am-10:00am Int/Advanced Open Pickleball		7:00am-9:00am Int/Advanced Open Pickleball					
7:30																						
8:00																						
8:30																						
9:00																						
9:30	10:15am-11:40am Drop-In Open Gym		9:00am-11:00am Pickleball Class		10:15am-10:45am Open		10:15am-10:45am Kids Fit		10:00am-1:00pm Int/Advanced Open Pickleball		10:15am-11:40am Drop-In Open Gym		9:00am-10:00am Open Beginner Pickleball									
10:00			11:15am-12:00pm Open										9:00am-11:30am Family Gym		10:45-11:40am Open		11:40am-1:10pm Adult Pick-Up Basketball		11:40am-1:10pm Adult Pick-Up Basketball		10:00am-5:00pm Drop-In Open Gym	
10:30																						
11:00	11:40am-1:10pm Adult Pick-Up Basketball																					
11:30																						
12:00																						
12:30	1:10pm-1:30pm Open		12:00pm-1:00pm Drop-In Open Gym		11:40am-1:10pm Adult Pick-Up Basketball		10:00am-1:00pm Int/Advanced Open Pickleball		11:40am-1:10pm Adult Pick-Up Basketball		7:00am-5:00pm Drop-In Open Gym		10:00am-5:00pm Drop-In Open Gym									
1:00																						
1:30																						
2:00	1:30pm-2:30pm Open Beginner Pickleball		1:00-2:00pm Drop-In Open Gym		1:00-2:00pm PB Class		1:00pm-2:00pm Open Beginner Pickleball		1:15pm-4:30pm Drop-In Open Gym		7:00am-5:00pm Drop-In Open Gym		10:00am-5:00pm Drop-In Open Gym									
2:30																						
3:00																						
3:30	2:30pm-9:00pm Drop-In Open Gym		2:10-3:10pm Pickleball Class		1:00pm-9:00pm 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									
4:00			3:15-4:20pm Pickleball Class																			
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**Gym Schedule is subject to change, due to events, weather, and programming
There could be frequent adjustments to the gym schedule.

Last Updated: 5/3/2024

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

May 13 – May 19, 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	7:00am-10:00am Int/Advanced Open Pickleball				Open				7:00am-10:00am Int/Advanced Open Pickleball		8:45am-10:00am Open Gym		9:00am-9:45am Circuit		7:00am-5:00pm Drop-In Open Gym	
7:00																
7:30			9:00am-11:00am Pickleball Class		9:00am-11:30am Family Gym											
8:00																
8:30							11:15am-12:00pm Open									
9:00																
9:30	10:15am-11:40am Drop-In Open Gym		12:00pm-1:00pm Drop-In Open Gym		10:15am-11:40am Drop-In Open Gym				10:00am-1:00pm Int/Advanced Open Pickleball		10:15am-11:40am Drop-In Open Gym		10:00am-12:00pm Drop-In Open Gym			
10:00																
10:30							11:40am-1:10pm Adult Pick-Up Basketball								11:40am-1:10pm Adult Pick-Up Basketball	
11:00																
11:30	1:10pm-1:30pm Open		1:00-2:00pm PB Class		1:00pm-2:00pm Open Beginner Pickleball				1:15pm-4:30pm Drop-In Open Gym		1:15pm-4:30pm Drop-In Open Gym		2:00pm-5:00pm Drop-In Open Gym			
12:00																
12:30							1:30pm-2:30pm Open Beginner Pickleball								2:10-3:10pm Pickleball Class	
1:00																
1:30	2:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym				7:30pm-9:00pm Drop-In Open Gym		CLOSED					
2:00																
2:30																
3:00	2:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		CLOSED					
3:30																
4:00																
4:30	2:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		CLOSED					
5:00																
5:30																
6:00	2:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		CLOSED					
6:30																
7:00																
7:30	2:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		CLOSED					
8:00																
8:30																
9:00	2:30pm-9:00pm Drop-In Open Gym		4:30pm-9:00pm Drop-In Open Gym		2:00pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		7:30pm-9:00pm Drop-In Open Gym		CLOSED					

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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