

	<h2 style="text-align: center;">YMCA Downtown Manchester</h2> <h3 style="text-align: center;">GYM SCHEDULE</h3> <p style="text-align: center;">30 Mechanic St, Manchester, NH (603)623-3558 www.yogm.org</p>						
ACTIVITY	MON	TUES	WEDS	THUR	FRI	SAT	SUN
Group Exercise		11:45- 12:30 pm Boot Camp		11:45- 12:30 pm Boot Camp			
Special classes and leagues		Home School 10:30-11:30 am 3rd-6th Grade Basketball League 6:00 8:00 pm	1/2 Varsity Sports 3:45 - 5:00pm	Adult Volleyball 6:30 - 9:30 pm	9:00 -12:00 pm Pssc Gym Class	Kids Sports leagues/ classes 12:00 pm-4:30 pm	
Open Gym	4:45 - 11:45 am 2:00 -6:30 pm	4:45 -10:30 am 2:00 - 6:00 pm 8:00 - 9:00 pm	4:45 -11:45 am 2:00 - 3:45 pm 1/2 3:45-5:00 pm 5:00-6:30 pm	4:45 -11:45 am 2:00-6:30 pm	4:45 - 8:00 am 2:00 - 4:00 pm 5:00 - 9:00 pm	8:00-12:00 pm 1/2 3:00-4:30 pm	11:00 - 1:30 pm
Adult Basketball	11:45 - 2:00 pm	12:30 - 2:00 pm	11:45 - 2:00 pm	12:30 - 2:00 pm	11:45 - 2:00 pm		7:45- 11:00 am
<p>New Summer Hours June 1</p> <p>Monday - Friday 4:45 am - 9:00 pm; Saturday 7:00 am - 4:00 pm; Sunday 8:00 am - 1:30 pm</p> <p>Schedule subject to change without notice</p>							