



Gymnasium @ Naik Family Branch YMCA
September 6th - October 31st

1 Harry Austin Drive
Mystic, CT 06355
(860) 536-3575

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	Open Gym 5am - 6am	Open Gym 5am - 6am	Open Gym 5am - 6am	Open Gym 5am - 8:45am	Open Gym 5am - 6am		
6am	Pickleball 6am - 7:45am	Pickleball 6am - 8:45am	Pickleball 6am - 7:45am		Pickleball 6am - 7:45am	Pickleball 6:30am - 9am	Open Gym 6am - 10:30am
9am	Open Gym 9am - 6:15pm					Open Gym 9am - 9:45am	
10am			Adult Pickleball 10:30am - 12:30pm	Open Gym 10am - 8:45pm	Open Gym 10:35am - 8:45pm		
11am		Open Gym 11am - 8:45pm				Open Gym 11:05am - 3:55pm	Open Gym 11:35am - 3:55pm
12pm			Open Gym 12:30pm - 5:15pm				
6pm	Pickleball 6:30pm - 7:55pm		Open Gym 6:45pm - 8:45pm				
7pm	Open Gym 7:55pm - 8:55pm						

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.