



Summer 2018 Schedule (July 9th - August 25th)

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30	x	Adult Group Classs	Adult Group Classs Group Run	Adult Group Classs	x	x
6:30-7:30	Open Gym @ 6:30	Adult Group Classs	Open Gym	Adult Group Classs	Open Gym @ 7:00	Open Gym @ 6:30
7:30-8:30	Open Gym High School S&C	Runner's S&C High School S&C	Open Gym High School S&C	Runner's S&C High School S&C	Open Gym High School S&C	Adult Group Class
8:30-9:30	Adult Group Class	Adult Group Classs	CB, DB, NG @ 8:30 High School S&C	Adult Group Classs	CB, DB, NG @ 8:30 High School S&C	SOMA Powerlifting 9:00-10:00
9:30-11:00	Nashoba Field Hockey 9:30-10:30	Youth Group Class 10:00-11:00	Nashoba Field Hockey 9:30-10:30	Youth Group Class 10:00-11:00	x	Nashoba Football 10:00-11:00
11:00-12:00	x	x	x	x	x	High School S&C
12:30-1:30	Adaptive Group Class	x	Adaptive Group Class	x	Adaptive Group Class	Closes at 12:30 p.m.
1:30-2:30	Open Gym	TS @ 1:30	Open Gym	TS @ 1:30	Open Gym	x
2:45-3:45	High School S&C	High School S&C	High School S&C	Closes at 3:00 p.m.	High School S&C	x
4:00-5:00	Open Gym	Youth Group Class	Youth Group Class		High School S&C	x
5:00-6:00	Adaptive Group Class	Closes at 5:30 p.m.	Adaptive Group Class	x	Closes at 5:00 p.m.	x
6:00-7:00	Closes at 6:15 p.m.	x	Closes at 6:15 p.m.	x	x	x