

Dorchester House Gym Schedule - August 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM	OPEN SPACE	OPEN SPACE	FOOD PANTRY	SENIOR TAI CHI	OPEN SPACE	MARTIAL ARTS
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM	SENIOR YOGA w/Rose	Diabetes Group	STAFF YOGA w/Marika 12:00 - 1:15 PM	STAFF FITNESS	DH WALKING GROUP	SPORTS PLUS BASKETBALL
11:00 AM						
11:30 AM						
12:00 PM	STAFF FITNESS	STAFF FITNESS	STAFF YOGA w/Marika 12:00 - 1:15 PM	STAFF FITNESS	DH WALKING GROUP	SPORTS PLUS BASKETBALL
12:30 PM						
1:00 PM	Tennis Clinic for Teens w/ Sportsmen's Tennis Club 1:15-2:15 PM	Basketball Clinic w/Jason 1:00 - 2:00 pm	Youth Cycling w/Boston Bikes	Safe City/ DW Teen Center Open Gym	Youth Cycling w/Boston Bikes	ABIL BASKETBALL
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM	Safe City/ DW Teen Center Open Gym	VACA SUMMER WORKS	Safe City/ DW Teen Center Open Gym	So You Think You Can Dance? w/Michelle 4:00 - 6:00 PM	Safe City/ DW Teen Center Open Gym	GYM CLOSSES at 4:00 pm
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	OPEN SPACE	MASAE	MARTIAL ARTS	MASAE	MARTIAL ARTS	
6:30 PM						
7:00 PM						
7:30 PM						
8:00 PM						
8:45 PM	GYM CLOSSES AT 8:45PM. PLEASE END PROGRAMS 15 MINUTES BEFORE CLOSING TIME					
Gym slots available for events and programs. For rental information, see contact information below.						
Dorchester House Gymnasium 1353 Dorchester Avenue Dorchester, MA 02122						



Dorchester House Gym/Recreation Desk
Phone: 617-740-2269/2232

