



# Keene Family YMCA NINJA Schedule

Updated 1/2/2024

## Facility Hours

Monday-Friday: 5:00 am - 9:00 pm

Saturday: 6:00 am - 6:00 pm

Sunday: 8:00 am - 5:00 pm

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Ninja		4:30-5:30pm (JT)	4:30-5:30 (Ryan) 7:30-8:00pm (Kevin)	7:00-8:00pm (James)	4:30-5:30pm (Ryan) 7:30-8:00pm (Kevin)	4:00-5:00pm (Ryan) 5:00-6:00pm, (Ryan)	10:00-11:00am (James) 11:00-12:00pm (James)
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Classes	No Classes	3:30-4:30pm (JT)	2:00-3:00pm (JT) 4:00-5:00pm (JT) 6:00-7:30pm Team (Kevin/Ryan)	6:00-7:00pm (James)	Afterschool Program 3:30-4:30pm (JT) 6:00-7:30pm Team (Kevin/Ryan)	No classes	9:00-10:00am (James)

This schedule is subject to change without notice.

Participation requires registration.

For Ninja classes, visit [keeneymca.org/programs](http://keeneymca.org/programs) to register.

For Open Ninja, members should register through the Y app (MotionVibe), Non-members may register at the Welcome Center.