

GYM SCHEDULE

Waltham YMCA
September 5th – October 30th



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--|--|--|--|---------------------------------|--|
| 6:00 AM | Cycle and Strength 6:15-7:00am | Yoga 6:15-7:15am | Cycle and Strength 6:15-7:00am | HIIT 6:15-7:00pm | Cycle and Strength 6:15-7:00am | Open Gym 6:00-7:15am | |
| 6:30 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 7:30 AM | Pickleball 7:00-9:00am | Open Gym 7:15-9:30am | Pickleball 7:00-9:00am | Open Gym 7:00-9:30am | Pickleball 7:00-9:00am | Cycle 7:15-8:00am | |
| 8:00 AM | | | | | | Open Gym 8:00-9:00am | |
| 8:30 AM | | | | | | | |
| 9:00 AM | HIIT 9:00-10:00AM | | HIIT 9:00-10:00AM | | HIIT 9:00-10:00AM | | Adult (18+) Pick-up Basketball 8:00-11:00am |
| 9:30 AM | | Strength Train Together 9:30-10:30am | | Strength Train Together 9:30-10:30am | | | |
| 10:00 AM | | | | | | | |
| 10:30 AM | Gentle Flow Yoga 10:30-11:30am | | Gentle Flow Yoga 10:30-11:30am | | Gentle Flow Yoga 10:30-11:30am | | |
| 11:00 AM | | Family Gym 10:30-12:30pm | | Family Gym 10:30-12:30pm | | Sports Classes 9:00am-2:00pm | |
| 11:30 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 12:30 PM | Adult (18+) Pick-up Basketball 12:00 - 2:00pm | | Adult (18+) Pick-up Basketball 12:00 - 2:00pm | | Adult (18+) Pick-up Basketball 12:00 - 2:00pm | | |
| 1:00 PM | | | | | | | |
| 1:30 PM | | Open Gym 12:30-3:30pm | | Open Gym 12:30-3:30pm | | | |
| 2:00 PM | | | | | | | |
| 2:30 PM | Open Gym 2:00-3:30pm | | Open Gym 2:00-4:30pm | | | | |
| 3:00 PM | | | | | | | |
| 3:30 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 4:30 PM | Sports Classes 3:30-5:30pm | Sports Classes 3:30-5:30pm | | Sports Classes 3:30-5:30pm | | | |
| 5:00 PM | | | Sports Classes 4:30-5:30pm | | | Open Gym 4:00-5:00pm | |
| 5:30 PM | | | | | | | |
| 6:00 PM | HIIT 5:30-6:30pm | Zumba 5:30-6:30pm | HIIT 5:30-6:30pm | Cycle 5:30-6:30pm | | | |
| 6:30 PM | Zumba 6:30-7:30pm | | Zumba 6:30-7:30pm | | | | |
| 7:00 PM | | | | | | | |
| 7:30 PM | | Open Gym 6:30-9:00pm | | Open Gym 6:30-9:00pm | | | |
| 8:00 PM | Open Gym 7:30-9:00pm | | Open Gym 7:30-9:00pm | | | | |
| 8:30 PM | | | | | | | |
| 9:00 PM | | | | | | | |
| 9:30 PM | | | | | | | |

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

FAMILY GYM:

Nets are able to be adjusted for families

OPEN GYM:

Open to all members, nets will not be adjusted