

GYM SCHEDULE

Waltham YMCA
Winter 2023



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