

# GYM SCHEDULE

Waltham YMCA  
Fall 2023



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:30 AM	Cycle 6:15am-7:00am	Yoga 6:15am-7:00am	Cycle and Strength 6:15am-7:00am	HIIT 6:15am-7:00am	Cycle and Strength 6:15am-7:00am	Open Gym 6:00am-7:00am	
7:00 AM							
7:30 AM	Pickle Ball 7:15am-8:30am		Muscle Up 7:15am-8:30am		Pickle Ball 7:15am-8:30am	Cycle 7:15am-8:00am	
8:00 AM		Open Gym 7:30am-9:00am		Open Gym 7:30am-9:00am		Open Gym 8:00am-9:00am	Tabata 8:00am-8:45am
8:30 AM							
9:00 AM	HIIT 9:00am-9:45am		HIIT 9:00am-9:45am		HIIT 9:00am-9:45am		
9:30 AM		Strength Train Together 9:30am-10:30am		Strength Train Together 9:30am-10:30am		Family Gym 9:00am-11:00am	Adult (18+) Pick-up Basketball 9:00am-12:00pm
10:00 AM							
10:30 AM	Gentle Flow Yoga 10:30am-11:30am		Gentle Flow Yoga 10:30am-11:30am		Gentle Flow Yoga 10:30am-11:30am		
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Adult (18+) Pick-up Basketball 12:00pm -2:00pm	Open Gym 11:00am-2:00pm	Adult (18+) Pick-up Basketball 12:00pm - 2:00pm	Open Gym 11:00am-2:00pm	Adult (18+) Pick-up Basketball 12:00pm - 2:00pm	Sports Classes 11:00pm-2:00pm	
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	Family Gym 2:00pm-5:00pm	Pickleball 2:00pm-4:00pm	Family Gym 2:00pm-5:00pm	Pickleball 2:00pm-4:00pm	Family Gym 2:00pm-5:30pm	Pickleball 2:00pm-4:00pm	Family Gym 12:00pm-6:00pm
3:00 PM							
3:30 PM							
4:00 PM							
5:00 PM						Open Gym 4:00pm-6:00pm	
5:30 PM	HIIT 5:30pm-6:15pm	Strength Train Together 5:30pm-6:30pm	Step Fusion 5:30pm-6:30pm	Strength Train Together 5:30pm-6:30pm	Step Fusion 5:30pm-6:30pm		
6:00 PM							
6:30 PM	Zumba 6:30pm-7:15pm						
7:00 PM				Cycle 6:30pm-7:15pm	Open Gym 7:00pm-8:00pm		
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 7:30pm-10:00pm	Open Gym 7:00pm-10:00pm	Open Gym 7:00pm-10:00pm	Open Gym 7:30pm-10:00pm			
9:00 PM							
9:30 PM							
10:00 PM							

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

[www.ymcaboston.org](http://www.ymcaboston.org)

**FAMILY GYM:**

Nets are able to be adjusted for families

**OPEN GYM:**

Open to all members, nets will not be adjusted