

GYM SCHEDULE

Waltham YMCA
Winter 2024



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Open Gym 6:00am-7:00am	Gentle Flow Yoga 6:15am-7:00am	Open Gym 6:00am-7:00am	HIIT 6:15am-7:00am	Open Gym 6:00am-7:00am	Open Gym 6:00am-7:30am	
6:30 AM							
7:00 AM	Class Set Up	Class Break Down	Class Set Up	Class Break Down	Class Set Up		Open Gym 7:00am-8:00am Class Set Up
7:30 AM	Pickleball 7:15am-8:30am		Muscle Up 7:15am-8:00am		Pickleball 7:15am-8:30am	Class Set Up	
8:00 AM						Tabata 8:00am-8:45am	HIIT 8:00am-8:45am
8:30 AM	Class Set Up	Open Gym 7:30am-10:30am	Class Set Up	Open Gym 7:30am-10:30am	Class Set Up	Class Break Down	Class Break Down
9:00 AM	HIIT 9:00am-9:45am		HIIT 9:00am-9:45am		HIIT 9:00am-9:45am	Open Gym 9:00am-9:30am	
9:30 AM						Class Set Up	
10:00 AM	Class Set Up		Class Break Down		Class Set Up		Adult (18+) Pick-up Basketball 9:00am-12:00pm
10:30 AM	Gentle Flow Yoga 10:30am-11:30am	Class Set Up	Gentle Flow Yoga 10:30am-11:30am	Class Set Up	Gentle Flow Yoga 10:30am-11:30am		
11:00 AM							
11:30 AM	Class Break Down		Class Break Down		Class Break Down	Basketball Class 10:00am-2:00pm	
12:00 PM	Adult (18+) Pick-up Basketball 12:00pm-2:00pm	Pickleball 11:00am-2:00pm	Adult (18+) Pick-up Basketball 12:00pm-2:00pm	Pickleball 11:00am-2:00pm	Adult (18+) Pick-up Basketball 12:00pm-2:00pm		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM		Class Break Down	Family Gym 2:00pm-3:30pm	Class Break Down	Family Gym 2:00pm-5:00pm	Pickleball 2:00pm-4:00pm	Family Gym 12:00pm-5:45pm
2:30 PM				Open Gym 2:30pm-3:30pm			
3:00 PM	Family Gym 2:00pm-5:00pm		Class Set Up	Class Set Up			
3:30 PM			Sports Sampler 4:00pm-5:00pm	Sports Sampler 4:00pm-5:00pm		Open Gym 4:00pm-5:45pm	
4:00 PM							
5:00 PM	Class Set Up	Open Gym 2:30pm-9:45pm	Class Set Up	Class Break Down			
5:30 PM	HIIT 5:30pm-6:15pm		HIIT 5:30pm-6:15pm		Open Gym 5:00pm-7:45pm		
6:00 PM	Class Break Down		Class Break Down				
6:30 PM	Zumba 6:30pm-7:15pm		Zumba 6:30pm-7:15pm				
7:00 PM	Class Break Down			Open Gym 5:30pm-9:45pm			
7:30 PM							
8:00 PM							
8:30 PM	Open Gym 7:30pm-9:45pm		Open Gym 7:30pm-9:45pm				
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

FAMILY GYM:

Nets are able to be adjusted for families

OPEN GYM:

Open to all members, nets will not be adjusted