

GYM SCHEDULE

Waltham YMCA
FALL 2024 - 9/9/24-10/27/24



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Open Gym 6:00am-7:00am	Open Gym 6:00am-9:00am	Open Gym 6:00am-7:00am	HIIT Genevive 6:15am-7:00am	Open Gym 6:00am-7:00am	Open Gym 6:00am-12:30pm	Open Gym 7:00am-8:00am
6:30 AM	Class Set Up		Class Set Up	Class Break Down	Class Set Up		BODYPUMP Alicia 7:15am-8:00am
7:00 AM	Pickleball 7:15am-8:30am		Class Set Up	Muscle Up Alec 7:15am-8:00am	Open Gym 7:00am-9:00am		Class Set Up
7:30 AM	Class Set Up	Class Set Up	Class Set Up	Class Set Up	Class Set Up		HIIT Shania 8:30am-9:15am
8:00 AM	Class Set Up	Class Set Up	Class Set Up	Class Set Up	Class Set Up		Class Break Down
8:30 AM	HIIT Shania 9:00am-9:45am	BODYPUMP Denise 9:30am-10:15am	HIIT Jon 9:00am-9:45am	BODYPUMP Denise 9:30am-10:15am	HIIT Kierstin 9:00am-9:45am		Adult (18+) Pick-up Basketball 9:30am-12:30pm
9:00 AM	Class Set Up	Class Set Up	Class Break Down	Class Set Up	Class Set Up		
9:30 AM	Gentle Flow Yoga Jeanne 10:30am-11:30am	Zumba Vielka 10:30am-11:15am	Gentle Flow Yoga Jeanne 10:30am-11:30am	Bolly X Farheen 10:30am-11:15am	Gentle Flow Yoga Jeanne 10:30am-11:30am		
10:30 AM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down		
11:00 AM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down		Class Set Up
11:30 AM	Adult (18+) Pick-up Basketball 12:00pm-2:00pm	Pickleball 12:00pm-2:00pm	Adult (18+) Pick-up Basketball 12:00pm-2:00pm	Pickleball 12:00pm-2:00pm	Adult (18+) Pick-up Basketball 12:00pm-2:00pm	Reserved for Birthday Parties 1:00pm-3:00pm	Reserved for Birthday Parties 1:00pm-3:00pm
12:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
12:30 PM	Teens Only 2:00pm-3:30pm	Open Gym 2:30pm-3:30pm	Teens Only 2:00pm-3:30pm	Open Gym 2:30pm-5:00pm	Open Gym 2:00pm-3:00pm	Class Break Down	Class Break Down
1:00 PM	Class Set Up	Class Set Up	Class Set Up	Class Set Up	Family Gym 3:00pm-6:00pm	Family Gym 3:30pm-5:45pm	Family Gym 3:30pm-5:45pm
1:30 PM	Sports Classes 4:00pm-5:30pm	Sports Classes 4:00pm-5:30pm	Sports Classes 4:00pm-5:30pm	Class Setup	Class Setup	Class Setup	Class Setup
2:00 PM	Class Setup	Class Setup	Class Setup	BODYPUMP Lisa 5:30pm-6:15pm	Class Set Up	Class Set Up	Class Set Up
2:30 PM	HIIT Shania 5:45pm-6:30pm	BODYPUMP Lisa 5:45pm-6:30pm	HIIT Shania 5:45pm-6:30pm	BODYPUMP Lisa 5:30pm-6:15pm	Class Set Up	Class Set Up	Class Set Up
3:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Muscle Up Leo 6:30pm-7:15pm	Class Break Down	Class Break Down
3:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
4:00 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
4:30 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
5:00 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
5:30 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
6:00 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
6:30 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
7:00 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
7:30 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
8:00 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
8:30 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
9:00 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
9:30 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down
10:00 PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down	Class Break Down	Class Break Down

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