GYM SCHEDULE

Waltham YMCA WINTER 2025 - 1/6/25-2/22/24



Open Gym		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Class Set Up	6:00 AM		_		Genevive	6:00am-7:00am		
Class Set Up	6:30 AM							
Pickeball Pick	7:00 AM	Class Set Up		Class Set Up	Class Break Down			PODVDIJAD
	7:30 AM	Pickleball				Dickloball		Alicia
Class Set Up	8:00 AM	7:15am-8:30am		7:15am-8:00am		7:15am-8:30am	Class Set Up	
9:00 AM 9:30 AM 9:30 AM 9:00 A	8:30 AM	Class Set Up		Class Set Up				
930 AM 9:00 mm-945sm 0:00 mm-945sm 0:0	9:00 AM	HIIT	Class Set Up		Class Set Up			8:30am-9:15am
Class Set Up 9-30-m-10-10-5-m Class Set Up 9-30-m-10-10-5-m Class Set Up 10-30 AM Gentle Flow Yoga Jeanne 10-30-m-1130-30m 10-30	9:30 AM	Shania 9:00am-9:45am		1	BODYPUMP	Kierstin 9:00am-9:45am		Class Break Down
Class Set Up				Class Break Down				
10-00 AM	10:30 AM	·	•	Gentle Flow York	Class Set Up	Gentle Flow Yoga Jeanne 10:30am-11:30am		Pick-up Basketball
133 AM		Jeanne	Vielka	Jeanne				
12:00 PM								
12:30 PM		Class Break Down	Pickleball	Pickleball	Class Break Down	Adult (18+) Pick-up Basketball		
Pick-tup Pick-tup Basketball 12:00pm-2:00pm 12:00pm-3:00pm 12:		Pick-up Basketball						
12:00 pm								Class Set Up
2:00 PM								
Teens Only 2:30 pm 5:00 pm 2:30 pm -5:15 pm 2:30 pm -5:30 pm 2:30 pm -6:00 pm 2:30 pm -6:00 pm Class Setup Class Set	1:30 PM					Class Set Up	Class Set Up	
Teens Only 2:00pm-5:00pm 2:00pm-5:15pm 2:00pm-5:30pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-5:00pm 2:00pm-6:00pm 2:00pm-6:00pm 3:00pm-6:00pm 3:00pm-6:00pm 4pm-5:45pm 3:00pm-6:45pm 3:	2:00 PM	2:00pm-5:00pm	Class Break Down		Class Break Down			
2:00pm-5:00pm	2:30 PM				2:30pm-5:00pm			
3:30 PM 2:30 pm-5:15 pm 2:00 pm-5:30 pm Class Break Down Family Gym 3:00 pm-6:00 pm Family Gym 4pm-5:45 pm 3:30 pm-5:45 pm 3:30 pm-5:45 pm BODYPUMP Lisa 5:30 pm-6:10 pm Class Setup Class Setup Class Setup Class Set Up Clas	3:00 PM						2:00pm-4:00pm	Class Break Down
5:00 PM Class Setup Family Gym 3:00 pm-6:00 pm Family Gym 4pm-5:45 pm Family Gym 3:30 pm-6:00 pm 6:00 PM Sports Class 5:30 pm-6:100 pm Class Break Down BODYPUMP Lisa 5:30 pm-6:15 pm BODYPUMP Lisa 5:30 pm-6:15 pm Class Setup Class Set Up Muscle Up Leo 6:30 pm-7:15 pm Class Break Down	3:30 PM						Class Break Down	
5:00 PM Class Setup Class Setup 3:00 pm-6:00 pm Family Gym 4pm-5:45 pm 3:30 pm-5:45 pm 5:30 PM Sports Class 5:30 pm-6:00 pm BODYPUMP Lisa 5:30 pm-6:15 pm BODYPUMP Lisa 5:30 pm-6:15 pm Class Setup Muscle Up Lee G:30 pm-7:15 pm Class Break Down	4:00 PM							
5:30 PM Sports Class 5:30 pm-6:00 pm Class Break Down Class Break Down BODYPUMP Lisa 5:30 pm-6:15 pm BODYPUMP Lisa 5:30 pm-6:15 pm Class Break Down Muscle Up Leo 6:30 pm-7:15 pm Class Break Down Class Bre	5:00 PM		Class Setup					
Class Break Down Class Break	5:30 PM	5:30pm-6:00pm	Lisa	Class Setup	Class Setup			
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8:00PM 6:15pm-9:45pm	7.001 141					6:30pm-7:15pm		
9:30PM 9:30PM 9:30PM	7:30PM					Class Break Down		
8:30PM	8:00PM							
9:30PM	8:30PM							
	9:00PM							
10:00 PM	9:30PM							
	10:00 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