

# GYM SCHEDULE

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



	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-7:30am	Open Gym 7:00am-8:00am
6:30 AM	Class Set Up		Class Set Up	Class Break Down	Class Set Up		Class Set Up
7:00 AM	Pickleball 7:15am-8:30am	Class Set Up	Muscle Up Alec 7:15am-8:00am	Open Gym 7:15am-9:00am	Pickleball 7:15am-8:30am	Class Set Up	Class Set Up
7:30 AM	Class Set Up		Class Set Up		Class Set Up		Class Set Up
8:00 AM	HIIT Shania 9:00am-9:45am	BODYPUMP Denise 9:30am-10:15am	HIIT Miral 9:00am-9:45am	BODYPUMP Denise 9:30am-10:15am	HIIT Kierstin 9:00am-9:45am	Jr. Celtics 7:45am - 2:00pm	HIIT Shania 8:30am-9:15am
8:30 AM	Class Set Up	Class Set Up	Class Break Down	Class Set Up	Class Set Up		Class Break Down
9:00 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	Adult (18+) Pick-up Basketball 9:30am-12:30pm	Class Set Up
9:30 AM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down		
10:30 AM	Adult (18+) Pick-up Basketball 12:00pm - 2:00pm	Pickleball 12:00pm-2:00pm	Pickleball 12:00pm-2:00pm	Pickleball 12:00pm-2:00pm	Adult (18+) Pick-up Basketball 12:00pm -1:45pm	Reserved for Birthday Parties 1:00pm-3:00pm	Class Set Up
11:00 AM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down		
11:30 AM	Teens Only 2:00pm-5:00pm	Open Gym 2:30pm-5:15pm	Teens Only 2:00pm-5:30pm	Open Gym 2:30pm-5:00pm	Sports Class 2:00pm-3:00pm	Reserved for Birthday Parties 2:00pm-4:00pm	Class Break Down
12:00 PM	Class Setup	Class Setup	Class Setup	Class Setup	Class Setup		
12:30 PM	Sports Class 5:30pm-6:00pm	BODYPUMP Lisa 5:30pm-6:15pm	Class Setup	BODYPUMP Lisa 5:30pm-6:15pm	Family Gym 3:00pm-6:00pm	Family Gym 4pm-5:45pm	Family Gym 3:30pm-5:45pm
1:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down		
1:30 PM	Open Gym 6:15pm-9:45pm	Open Gym 6:30pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Muscle Up Leo 6:30pm-7:15pm	Class Break Down	
2:00 PM					Class Setup		
2:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down		
3:00 PM	Open Gym 6:15pm-9:45pm	Open Gym 6:30pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Class Break Down		
3:30 PM							
4:00 PM							
5:00 PM							
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7:00 PM							
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8:00 PM							
8:30 PM							
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