GYM SCHEDULE

Waltham YMCA Early Spring 2025 - 2/24/25-4/20/25



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM 6:30 AM	Open Gym 6:00am-7:00am	Open Gym 6:00am-9:00am Class Set Up	Open Gym 6:00am-7:00am	HIIT Genevive	Open Gym 6:00am-7:00am	Open Gym 6:00am 6:00am-10:00am	Open Gym 6:00am-6:30am
7:00 AM	Class Set Up Pickleball 7:15am-8:30am		Class Set Up	6:15am-7:00am	Class Set Up		Class Break Down
7:30 AM			Muscle Up	Open Gym 7:15am-9:00am Class Set Up	Pickleball 7:15am–8:30am		BODYPUMP Alicia
8:00 AM			Alec 7:15am-8:00am				7:15am-8:00am
			Class Set Up				Class Set Up HIIT
8:30 AM	Class Set Up				Class Set Up		Shania 8:30am-9:15am
9:00 AM	HIIT Shania		HIIT Miral		HIIT Kierstin		Class Break Down
9:30 AM	9:00am-9:45am	Denise	9:00am-9:45am	BODYPUMP Denise	9:00am-9:45am	Class Set Up	
	Class Set Up	9:30am-10:15am Class Set Up	Class Break Down	9:30am-10:15am Class Set Un	Class Set Up		
10:30 AM	Gentle Flow Yoga Jeanne 10:30am-11:30am	Zumba	Gentle Flow Yoga Jeanne	Bolly X Farheen	Gentle Flow Yoga Jeanne 10:30am-11:30am	Sports Zone *Child Watch Check In 10:30am-11:00pm	Adult (18+) Pick-up Basketball 9:30am-12:30pm
11:00 AM		Vielka 10:45am-11:30am	10:30am-11:30am	10:30am-11:15am			
11:30 AM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down		
12:00 PM	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	Teens Only 11:30am-1:30pm	
12:30 PM							
1:00 PM							Class Set Up
1:30 PM					Class Set Up	Class Set Up	Reserved for Birthday
2:00 PM	Teens Only 2:00pm-6:00pm	Class Break Down		Class Break Down	Class Set Op	Reserved for Birthday Parties 2:00pm-4:00pm	Parties 1:00pm-3:00pm
2:30 PM		Open Gym 2:30pm-3:30pm	Teens Only 2:00pm-3:30pm	Open Gym	Sports Class 2:00pm-3:00pm		
3:00 PM				2:30pm-3:30pm	2.00pm 5.00pm		Class Break Down
3:30 PM		Class Break Down	Class Break Down	Class Break Down	Family Gym 3:00pm-6:00pm		
4:00 PM		Sports Class	Sports Class 4:00pm-5:30pm	Sports Class		Class Break Down Family Gym 4pm-5:45pm	Family Gym 3:30pm-5:45pm
5:00 PM		4:00pm-4:30pm		3:45pm-5:15pm			
5:30 PM		Class Setup		Class Setup			
6:00 PM		BODYPUMP Lisa	Class Setup HIIT Shania	BODYPUMP Lisa 5:30pm-6:15pm			
0:00 PM		5:30pm-6:15pm			Class Set Up		
C 20DM	Open Gym 6:00pm–9:45pm	Class Break Down	5:45pm-6:30pm		ciass set op		
6:30PM		Open Gym 6:45pm-9:45pm	Class Break Down	Class Break Down	Muscle Up Leo		
7:00PM			Open Gym 7:00pm-9:45pm	Open Gym 6:45pm–9:45pm	6:30pm-7:15pm		
7:30PM					Class Break Down		
8:00PM							
8:30PM							
9:00PM							
9:30PM							
10:00 PM							
10.00 FM							

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