

GYM SCHEDULE

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



	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-10:00am	Open Gym 6:00am-6:30am
6:30 AM	Class Set Up		Class Set Up	Class Break Down	Class Set Up		Class Break Down
7:00 AM	Pickleball 7:15am-8:30am		Muscle Up Alec 7:15am-8:00am	Open Gym 7:15am-9:00am	Pickleball 7:15am-8:30am		BODYPUMP Alicia 7:15am-8:00am
7:30 AM	Class Set Up		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	Class Break Down	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 Set Up	Class Break Down
9:00 AM	Class Set Up	Class Set Up	Class Break Down	Class Set Up	Class Set Up	Class Set Up	Class Break Down
9:30 AM	Gentle Flow Yoga Jeanne 10:30am-11:30am	Zumba Vielka 10:45am-11:30am	Gentle Flow Yoga Jeanne 10:30am-11:30am	Bolly X Farheen 10:30am-11:15am	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
10:30 AM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
11:00 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	Teens Only 11:30am-1:30pm	Class Set Up
11:30 AM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
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	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
1:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
1:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
2:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
2:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
3:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	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	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
5:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
5:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
6:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
6:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
7:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
7:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
8:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
8:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
9:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
9:30 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down	Class Break Down
10:00 PM	Class Break Down	Class Break Down	Class Break Down	Class Break Down	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