

GYM SCHEDULE

Waltham YMCA
SUMMER 2025 – 6/23/25–9/1/25



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Open Gym 6:00am–7:00am		Open Gym 6:00am–7:00am		Open Gym 6:00am–7:00am	Open Gym 6:00am–7:30am	Open Gym 6:00am–7:00am
6:30 AM				HIIT 6:15am–7:00am			
7:00 AM	CLASS SET UP	Open Gym 6:00am–8:30am	CLASS SET UP	CLASS BREAK DOWN	CLASS SET UP		CLASS SET UP
7:30 AM	Pickleball 7:15am–8:30am		Muscle Up 7:15am–8:00am	Open Gym 7:30am–8:30am	Pickleball 7:15am–8:30am	CLASS SET UP	Muscle Up 7:15am–8:00am
8:00 AM			CLASS SET UP				CLASS SET UP
8:30 AM	CLASS SET UP	CLASS SET UP		CLASS SET UP	CLASS SET UP	Sports Class 8:00am–10:00am	HIIT 8:30am–9:15am
9:00 AM	HIIT 9:00am–9:45am	BODYPUMP 9:00am–9:45am	HIIT 9:00am–9:45am	BODYPUMP 9:00am–9:45am	HIIT 9:00am–9:45am		CLASS BREAK DOWN
9:30 AM	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN		
10:00 AM						Family Gym 10:00am–12:30pm	Adult (18+) Pick-up Basketball 9:30am–12:30pm
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM	CAMP 10:00am–2:30pm	CAMP 10:00am–2:30pm	Camp 10:00am–2:30pm	CAMP 10:00am–2:30pm	CAMP 10:00am–2:30pm		
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM	Teens Only 2:30pm–5:00pm	Family Gym 2:30pm–5:00pm	Teen Only 2:30pm–4:45pm	Family Gym 2:30pm–4:45pm	Teen Only 2:30pm–4:45pm		
4:00 PM							
5:00 PM			Sports Class 5:00pm–5:45pm	Sports Class 5:00pm–5:45pm	CLASS SET UP		
5:30 PM		CLASS SET UP					
6:00 PM	CLASS SET UP	BODYPUMP 6:00pm–6:45pm	CLASS SET UP	BODYPUMP 6:00pm–6:45pm	Sports Class 5:00pm–6:45pm		
6:30 PM	HIIT 6:30pm–7:15pm		HIIT 6:30pm–7:15pm	CLASS BREAK DOWN			
7:00 PM	CLASS BREAK DOWN	CLASS BREAK DOWN					
7:30 PM			CLASS BREAK DOWN				
8:00 PM							
8:30 PM	Open Gym 7:15pm–9:45pm	Open Gym 7:15pm–9:45pm	Open Gym 7:45pm–9:45pm	Open Gym 7:15pm–9:45pm			
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

FAMILY GYM:

Nets are able to be adjusted for families

OPEN GYM:

Open to all members, nets will not be adjusted

GYM CLOSES 15 minutes prior to closing time