

GYM SCHEDULE

Waltham YMCA
Early Fall 2025 – 9/1/25–11/2/25



	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		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		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-9:00am	Pickleball 7:15am-8:30am	CLASS SET UP	Muscle Up 7:15am-8:00am				
8:00 AM			CLASS SET UP			CLASS SET UP		CLASS SET UP			
8:30 AM	CLASS SET UP				CLASS SET UP	HIIT 8:30am-9:15am					
9:00 AM	HIIT 9:00am-9:45am	CLASS SET UP	HIIT 9:00am-9:45am	CLASS SET UP	HIIT 9:00am-9:45am	Sports Class 8:00am-11:00am	CLASS BREAK DOWN				
9:30 AM		Muscle Up 9:30am-10:15am		Muscle Up 9:30am-10:15am			CLASS BREAK DOWN	CLASS BREAK DOWN			
10:00 AM	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN		Adult (18+) Pick-up Basketball 9:30am-12:30pm				
10:30 AM	Gentle Flow Yoga 10:30am-11:30am		Gentle Flow Yoga 10:30am-11:30am	Bolly X 10:45am-11:30am	Gentle Flow Yoga 10:30am-11:30am						
11:00 AM		Zumba 10:45am-11:30am									
11:30 AM	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	Family Gym 10:00am-12:30pm					
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-2:00pm	Reserved for Birthday Parties 12:30pm-6:00pm	Reserved for Birthday Parties 12:30pm-6:00pm				
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM	Teens Only 2:00pm-5:00pm	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	Teen Only 2:00pm-4:45pm						
2:30 PM		Family Gym 2:30pm-5:30pm	Teen Only 2:30pm-5:00pm	Family Gym 2:30pm-5:30pm							
3:00 PM											
3:30 PM											
4:00 PM											
5:00 PM	CLASS SET UP		CLASS SET UP		CLASS SET UP						
5:30 PM	HIIT 5:30pm-6:15pm	CLASS SET UP	HIIT 5:30pm-6:15pm	CLASS SET UP	Sports Class 5:00pm-6:45pm						
6:00 PM		BODYPUMP 6:00pm-6:45pm		BODYPUMP 6:00pm-6:45pm							
6:30PM	Open Gym 6:30pm-9:45pm		CLASS BREAK DOWN	CLASS BREAK DOWN							
7:00PM		CLASS BREAK DOWN		Open Gym 6:45pm-7:45pm							
7:30PM											
8:00PM		Open Gym 6:30pm-9:45pm	Open Gym 6:30pm-9:45pm	Open Gym 7:00pm-9:45pm							
8:30PM											
9:00PM											
9:30PM											
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