

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

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