

GYM SCHEDULE

Waltham YMCA
Winter 2026 - 1/5/26-2/15/26



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Open Gym 6:00am-7:00am		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
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	Open Gym 6:00am-9:00am	Muscle Up 7:15am-8:00am		Pickleball 7:15am-8:30am		Muscle Up 7:15am-8:00am
8:00 AM							CLASS SET UP
8:30 AM	CLASS SET UP		CLASS SET UP		CLASS SET UP		CLASS SET UP
9:00 AM	HIIT 9:00am-9:45am	CLASS SET UP	HIIT 9:00am-9:45am	CLASS SET UP	HIIT 9:00am-9:45am		HIIT 8:30am-9:15am
9:30 AM		Muscle Up 9:30am-10:15am		Muscle Up 9:30am-10:15am			CLASS BREAK DOWN
10:00 AM	CLASS BREAK DOWN	Sports Class 10:00am-10:30am	Sports Class 10:00am-10:30am	CLASS BREAK DOWN	CLASS BREAK DOWN		
10:30 AM	Gentle Flow Yoga 10:45am-11:45am	Sports Class 10:00am-10:30am	Gentle Flow Yoga 10:45am-11:45am		Gentle Flow Yoga 10:45am-11:45am		
11:00 AM		Zumba 11:00am-11:45am		Belly X 10:45am-11:30am			
11:30 AM	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN		
12:00 PM							
12:30 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
1:00 PM							
1:30 PM							
2:00 PM	Teens Only 2:00pm-5:00pm	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN			
2:30 PM							
3:00 PM		Family Gym 2:30pm-5:30pm	Teen Only 2:30pm-4:30pm	Family Gym 2:30pm-4:45pm	Teen Only 2:00pm-4:45pm		
3:30 PM							
4:00 PM							
5:00 PM	CLASS SET UP		Sports Class 5:00pm-5:30pm	Sports Class 5:00pm-5:45pm	CLASS SET UP	Reserved for Birthday Parties 2:00pm-6:00pm	Reserved for Birthday Parties 2:30pm-6:00pm
5:30 PM	HIIT 5:30pm-6:15pm	CLASS SET UP	HIIT 5:45pm-6:30pm	BODYPUMP 6:00pm-6:45pm	BODYPUMP 6:00pm-6:45pm	Sports Class 5:00pm-6:00pm	
6:00 PM							
6:30PM	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN		Open Gym 6:00pm-7:45pm	
7:00PM							
7:30PM							
8:00PM	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm	Adaptive basketball 7:00-8:00PM			
8:30PM					Open Gym 8:00pm-9:45pm		
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