

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