

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