

# GYM SCHEDULE

Waltham YMCA  
Early Spring 2026 – 2/23/26–4/19/26



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

Gym Schedule is subject to change based on programming needs. Thank you for understanding!

[www.ymcaboston.org](http://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**