

GYM SCHEDULE



Waltham YMCA
Late Spring 2026 - 4/27/26-6/21/26

	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			CLASS SET UP	
8:30 AM	CLASS SET UP				CLASS SET UP	Tabata 8:00AM-8:45AM	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 9:00am-3:00pm	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			Adult (18+) Pick-up Basketball 9:30am-12:30PM
11:00 AM								
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		CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN				
2:30 PM								
3:00 PM	Teens Only 2:00pm-5:00pm	Family Gym 2:30pm-4:45pm	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	Tumbling 5:00-5:30PM	Sports Class 5:00pm-5:30pm		CLASS SET UP	Reserved for Birthday Parties 3:00pm-6:00pm	Reserved for Birthday Parties 1:00pm-6:00pm	
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						
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	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