

GYM SCHEDULE

Waltham YMCA
SUMMER 2026 – 6/22/26–8/30/26



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Open Gym 6:00am-7:00am	Open Gym 6:00am-8:30am	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								
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		Body Pump 7:15am-8:00am	Open Gym 7:30am-8:30am	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	Sports Class 8:00am-10:00am	HIIT 8:30am-9:15am	
9:00 AM	HIIT 9:00am-9:45am	Muscle Up 9:00am-9:45am	HIIT 9:00am-9:45am	Muscle Up 9:00am-9:45am	HIIT 9:00am-9:45am		CLASS BREAK DOWN	
9:30 AM							CLASS BREAK DOWN	CLASS BREAK DOWN
10:00 AM	CAMP 10:00am-2:30pm	CAMP 10:00am-2:30pm	Camp 10:00am-2:30pm	CAMP 10:00am-2:30pm	CAMP 10:00am-2:30pm	Family Gym 10:00am-12:30pm	Adult (18+) Pick-up Basketball 9:30am-12:30pm	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM	Teens Only 2:30pm-5:30pm	Family Gym 2:30pm-5:00pm	Teen Only 2:30pm-4:45pm	Family Gym 2:30pm-4:45pm	Teen Only 2:30pm-4:45pm	Reserved for Birthday Parties 12:30pm-6:00pm	Reserved for Birthday Parties 12:30pm-6:00pm	
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM								
5:00 PM								
5:30 PM								
6:00 PM		Open Gym 5:30pm-9:45pm	CLASS BREAK DOWN	HIIT 5:45pm-6:45pm	BODYPUMP 6:00pm-6:45pm			Sports Class 5:00pm-6:45pm
6:30PM								
7:00PM			CLASS BREAK DOWN	CLASS BREAK DOWN	Open Gym 7:00pm-7:45pm			
7:30PM	Open Gym 6:00pm-9:45pm		Open Gym 7:00pm-9:45pm	Open Gym 7:00pm-9:45pm				
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