

GYM SCHEDULE

Waltham YMCA
Early Fall 2026 – 9/7/26–11/1/26



	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							
7:00 AM	CLASS SET UP	Open Gym 6:00am–8:30am	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 BREAK DOWN				CLASS SET UP
8:30 AM	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	Muscle Up 9:30am–10:15am	Open Gym 8:30am–10:15am	Muscle Up 9:30am–10:15am	HIIT 9:00am–9:45am	Sports Class 8:00am–11:00am	CLASS BREAK DOWN
9:30 AM							
10:00 AM	CLASS BREAK DOWN & SETUP	CLASS BREAK DOWN	CLASS SET UP	CLASS BREAK DOWN & SETUP	CLASS BREAK DOWN & SETUP		
10:30 AM	Gentle Yoga 10:30am–11:30am		Gentle Yoga 10:30am–11:30am	BollyX 10:30am–11:30am	Gentle Yoga 10:45am–11:45am		Adult (18+) Pick-up Basketball 9:30am–12:30pm
11:00 AM		Zumba 11:00am–12:00pm				Family Gym 10:00am–12:30pm	
11:30 AM	CLASS BREAK DOWN		CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN		
12:00 PM							
12:30 PM	Open Gym 12:00pm–2:30pm	Pickleball 12pm–2:00pm	Pickleball 12pm–2:00pm	Pickleball 12pm–2:00pm	Open Gym 12:00pm–2:30pm		
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 2:30pm–5:30pm	Family Gym 2:30pm–5:30pm	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
3:30 PM							
4:00 PM							
5:00 PM					CLASS SET UP		
5:30 PM		CLASS SET UP	CLASS SET UP	Sports Class 5:00pm–6:00pm			
6:00 PM		BODYPUMP 6:00pm–6:45pm	Sports Class 5:30pm–6:00pm	BODYPUMP 6:00pm–6:45pm	Sports Class 5:00pm–6:45pm		
6:30 PM		CLASS BREAK DOWN	CLASS BREAK DOWN	CLASS BREAK DOWN			
7:00 PM					Open Gym 7:00pm–7:45pm		
7:30 PM	Open Gym 5:30pm–9:45pm						
8:00 PM		Open Gym 6:00pm–9:45pm	Open Gym 7:00pm–9:45pm	Open Gym 7:00pm–9:45pm			
8:30 PM							
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

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