

GYM 1 & 2 SCHEDULE – Eastside Family YMCA

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
GYM	1	2	1	2	1	2	1	2	1	2	1	2	1	2		
5:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYMS OPEN @ 7:30AM		GYMS OPEN @ 8 AM			
5:30 AM				OPEN GYM				OPEN GYM							OPEN GYM	
6:00 AM		SACC								OPEN GYM						SACC
6:30 AM																
7:00 AM																
7:30 AM																
8:00 AM																
8:30 AM			Class Setup	SACC	Class Setup	SACC										
9:00 AM			Chair Groove													
9:30 AM			Boot Camp Gold			Intro to Sports										
10:00 AM	Pickle ball		Pickle ball		Pickle ball		Pickle ball		Pickleball League (both gyms) starts Feb 18							
10:30 AM																
11:00 AM																
11:30 AM																
12:00 PM																
12:30 PM	Pickle ball	Pickle ball	Pickleball all	Pickle ball	Pickleball all											
1:00 PM	OPEN GYM	SACC	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	SACC	SACC	PLAY League	PLAY League						
1:30 PM																
2:00 PM																
2:30 PM																
3:00 PM																
3:30 PM																
4:00 PM																
4:30 PM																
5:00 PM																
5:30 PM																
6:00 PM	OPEN GYM		OPEN GYM	OPEN GYM	OPEN GYM	INTRO TO SPORTS	PLAY League	PLAY League	GYMS CLOSE @ 5PM							
6:30 PM																
7:00 PM																
7:30 PM																
8:00 PM																
8:30 PM																

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SACC = School Aged Child Care - **UPDATED 2/5/24 - Schedule Subject to Change**

