

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										
5:30 AM																					
6:00 AM																					
6:30 AM																					
7:00 AM																					
7:30 AM																					
8:00 AM																		OPEN GYM	OPEN GYM		
8:30 AM																					
9:00 AM						Chair Groove										Boot Camp Gold					
9:30 AM																					
10:00 AM						Boot Camp Gold															
10:30 AM																					
11:00 AM	Pickleb all	SACC		SACC		SACC		SACC		Pickleb all	SACC	OPEN GYM	YMCA CLOSED ON SUNDAYS								
11:30 AM			Pickleb all				Pickleb all							Skills Clinic							
12:00 PM																					
12:30 PM														Pickleb all							
1:00 PM	OPEN GYM																			GYMS CLOSE @ 5:00PM	
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																					
6:30 PM			FAMILY GYM		FAMILY GYM		FAMILY GYM		Intro to Sport		FAMILY GYM										
7:00 PM																					
7:30 PM																					
8:00 PM																					
8:30 PM									OPEN GYM												

SACC = School Aged Child Care - UPDATED 9/15/25- Schedule Subject to Change

