

GYM 1 & 2 SCHEDULE - Eastside Family YMCA

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	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	1st & 3rd Monday HIIT Class 5:45-7	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	GYMS OPEN @ 7:00AM		GYMS OPEN @ 8:00 AM														
5:30 AM																												
6:00 AM																												
6:30 AM																												
7:00 AM	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	Play League Basketball	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM													
7:30 AM																												
8:00 AM																												
8:30 AM																												
9:00 AM																Chair Groove												
9:30 AM																												
10:00 AM																												
10:30 AM																Boot Camp Gold												
11:00 AM																												
11:30 AM																												
12:00 PM	Pickle ball	SACC	Pickle ball	SACC	Pickle ball	SACC	Pickle ball	SACC	Pickle ball	SACC	Play League Basketball	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM													
12:30 PM																												
1:00 PM	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	Play League Basketball	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM													
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	Basketball Practice	FAMILY GYM	OPEN GYM	FAMILY GYM	OPEN GYM	FAMILY GYM	Basketball Practice	Intro To Sports	Play League Basketball	Play League Basketball	Play League Basketball	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM													
6:30 PM																												
7:00 PM																												
7:30 PM																												
8:00 PM																												
8:30 PM																												

SACC = School Aged Child Care - **SCHEDULE AS OF 2/26/26 - Schedule Subject to Change**



