

GYM 1 & 2 SCHEDULE - Eastside Family YMCA

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	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	GYMS OPEN @ 7:00AM	OPEN GYM	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	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															Boot Camp Gold		
10:00 AM																	
10:30 AM																	
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				
12:30 PM																	
1:00 PM	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	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	FAMILY GYM	FAMILY GYM	FAMILY GYM	FAMILY GYM	Basketball Practice	Intro To Sports	Play League Basketball	Play League Basketball	GYMS CLOSE @ 5:00PM	GYMS CLOSE @ 2:00PM					
6:30 PM																	
7:00 PM																	
7:30 PM																	
8:00 PM								OPEN GYM									
8:30 PM																	

SACC = School Aged Child Care - SCHEDULE AS OF 3/11/26 - Schedule Subject to Change

