

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	GYMS OPEN @ 7:00AM	GYMS OPEN @ 8:00 AM	OPEN GYM	OPEN GYM													
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	Youth Soccer	Youth Soccer	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	Youth Soccer	Youth Soccer	OPEN GYM	OPEN GYM													
12:30 PM																											
1:00 PM																											
1:30 PM																											
2:00 PM																											
2:30 PM																											
3:00 PM																											
3:30 PM																											
4:00 PM																											
4:30 PM																											
5:00 PM	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	Youth Soccer	Youth Soccer	OPEN GYM	OPEN GYM													
5:30 PM																											
6:00 PM																											
6:30 PM																											
7:00 PM																											
7:30 PM																											
8:00 PM																											
8:30 PM																											

SACC = School Aged Child Care - SCHEDULE AS OF 3/30/26 - Schedule Subject to Change



