

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	OPEN GYM	GYMS OPEN @ 7:00AM		GYMS OPEN @ 8:00 AM	
5:30 AM															
6:00 AM															
6:30 AM															
7:00 AM	Pickle ball	OPEN GYM	SACC	Pickle ball	SACC	Pickleball	SACC	Pickle ball	SACC	Pickleball	SACC	Youth Soccer	Youth Soccer	OPEN GYM	OPEN GYM
7:30 AM															
8:00 AM															
8:30 AM															
9:00 AM															
9:30 AM															
10:00 AM															
10:30 AM															
11:00 AM															
11:30 AM															
12:00 PM															
12:30 PM															
1:00 PM	Pickle ball	OPEN GYM	SACC	Pickle ball	SACC	Pickleball	SACC	Pickle ball	SACC	Pickleball	SACC	Youth Soccer	Youth Soccer	OPEN GYM	OPEN GYM
1:30 PM															
2:00 PM															
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8:00 PM															
8:30 PM															

SACC = School Aged Child Care - **SCHEDULE AS OF 5/6/26 - Schedule Subject to Change**



