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		GYMS OPEN @ 8:00 AM	
5:30 AM		SACC		SACC		SACC		SACC		SACC				
6:00 AM														
6:30 AM														
7:00 AM	OPEN GYM										OPEN GYM	OPEN GYM		
7:30 AM														
8:00 AM														
8:30 AM											Youth Soccer	Youth Soccer	OPEN GYM	OPEN GYM
9:00 AM			Chair Groove						Boot Camp Gold					
9:30 AM							Intro to Sports							
10:00 AM			Boot Camp Gold											
10:30 AM														
11:00 AM	Pickle ball		Pickle ball		Pickleball		Pickle ball		Pickleball			OPEN GYM		
11:30 AM														
12:00 PM														
12:30 PM														
1:00 PM	OPEN GYM		OPEN GYM		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			Play League Basketball		Play League Basketball		Play League Basketball						GYMS CLOSE @ 2:00PM	
5:00 PM														
5:30 PM														
6:00 PM		FAMILY GYM		FAMILY GYM		OPEN GYM		Intro To Sports		OPEN GYM	GYMS CLOSE @ 5:00PM			
6:30 PM														
7:00 PM			OPEN GYM											
7:30 PM								OPEN GYM						
8:00 PM														
8:30 PM														

SACC = School Aged Child Care **- SCHEDULE AS OF 5/12/26 - Schedule Subject to Change**