

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 @ 9:00 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	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															Pickle ball		
11:30 AM																	
12:00 PM	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	OPEN GYM	OPEN GYM	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																	
5:30 PM																	
6:00 PM	FAMILY GYM	FAMILY GYM	OPEN GYM	FAMILY GYM	OPEN GYM	FAMILY GYM	OPEN GYM	FAMILY GYM	OPEN GYM	FAMILY GYM	GYMS CLOSE @ 5:00PM	GYMS CLOSE @ 3:00PM	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 5/26/26 - Schedule Subject to Change**



