

# 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 @ 9:00 AM																
5:30 AM																														
6:00 AM																														
6:30 AM																														
7:00 AM	OPEN GYM	SACC	Chair Groove	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																														
9:30 AM																														
10:00 AM																Kids' Fitness	SACC	Boot Camp Gold	OPEN GYM	SACC	kid's fitness	SACC	OPEN GYM	SACC	Kids's Fitness	SACC	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
10:30 AM																														
11:00 AM																Pickleball	SACC	Pickleball	OPEN GYM	SACC	Pickleball	SACC	OPEN GYM	SACC	Pickleball	SACC	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11:30 AM																														
12:00 PM																														
12:30 PM																														
1:00 PM	OPEN GYM	SACC	Pickleball	OPEN GYM	SACC	Pickleball	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM															
1:30 PM																														
2:00 PM																														
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5:00 PM																														
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6:00 PM	FAMILY GYM	SACC	FAMILY GYM	OPEN GYM	SACC	FAMILY GYM	SACC	OPEN GYM	SACC	OPEN GYM	SACC	OPEN GYM	OPEN GYM	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 6/16/26 - Schedule Subject to Change**



