

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 @ 9:00 AM									
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									
7:30 AM																						
8:00 AM																						
8:30 AM																						
9:00 AM	Chair Groove		Boot Camp Gold		kid's fitness		Pickleball	SACC	Pickleball Skills Clinic					Pickleball	Kids's Fitness	Pickleball	OPEN GYM	OPEN GYM	OPEN GYM			
9:30 AM																						
10:00 AM																						
10:30 AM																						
11:00 AM	Pickleball		Pickleball		Pickleball		Pickleball	Pickleball	Pickleball					Pickleball	Pickleball	OPEN GYM				OPEN GYM	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		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM							OPEN GYM
1:30 PM																						
2:00 PM																						
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4:00 PM																						
4:30 PM																						
5:00 PM																						
5:30 PM																						
6:00 PM																FAMILY GYM	FAMILY GYM	OPEN GYM	OPEN GYM	Intro to Sports	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 07/09/26 - Schedule Subject to Change

