

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	SACC	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM						
7:30 AM																			
8:00 AM																			
8:30 AM																			
9:00 AM	OPEN GYM		Chair Groove		Boot Camp Gold	kid's fitness	Pickleball	SACC	Pickleball					Kids's Fitness	Pickleball	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
9:30 AM																			
10:00 AM																			
10:30 AM																			
11:00 AM	Pickleball		SACC		Pickleball	SACC	Pickleball	SACC	Pickleball					Kids's Fitness	Pickleball	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11:30 AM																			
12:00 PM																			
12:30 PM																			
1:00 PM	OPEN GYM	FAMILY GYM	OPEN GYM	FAMILY GYM	OPEN GYM	SACC	SACC	OPEN GYM	SACC	OPEN GYM	GYMS CLOSE @ 5:00PM	GYMS CLOSE @ 3:00PM	the 						
1:30 PM																			
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SACC = School Aged Child Care - SCHEDULE AS OF 08/14/26 - Schedule Subject to Change



