

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		SACC		Chair Groove		SACC		OPEN GYM		SACC					OPEN GYM	SACC
6:30 AM																
7:00 AM	OPEN GYM		SACC		OPEN GYM		SACC		OPEN GYM		SACC					
7:30 AM																
8:00 AM		Chair Groove		SACC		OPEN GYM		SACC		OPEN GYM		SACC				
8:30 AM																
9:00 AM	Boot Camp Gold		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC			
9:30 AM																
10:00 AM		Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC		
10:30 AM																
11:00 AM	Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC			
11:30 AM																
12:00 PM		Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC		
12:30 PM																
1:00 PM	Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC			
1:30 PM																
2:00 PM		Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC		
2:30 PM																
3:00 PM	Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC			
3:30 PM																
4:00 PM		Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC		
4:30 PM																
5:00 PM	Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC			
5:30 PM																
6:00 PM		Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC		
6:30 PM																
7:00 PM	Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC			
7:30 PM																
8:00 PM		Pickleball		OPEN GYM		Pickleball		OPEN GYM		SACC		OPEN GYM		SACC		
8:30 PM																

GYMS CLOSE @ 3:00PM

GYMS CLOSE @ 5:00PM

the

YMCA

SACC = School Aged Child Care - SCHEDULE AS OF 08/24/26 - Schedule Subject to Change



