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		SACC		SACC		SACC		SACC				
6:30 AM														
7:00 AM	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM	OPEN GYM		
7:30 AM														
8:00 AM														
8:30 AM			Chair Groove								Indoor Soccer	Indoor Soccer		
9:00 AM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM	Boot camp Gold	OPEN GYM			OPEN GYM	OPEN GYM
9:30 AM														
10:00 AM			Boot Camp Gold											
10:30 AM														
11:00 AM	Pickleball		Pickleball		Pickleball		Pickleball		Pickleball					
11:30 AM														
12:00 PM		Pickleball		Pickleball		Pickleball		Pickleball		Pickleball				
12:30 PM														
1:00 PM	OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM		OPEN GYM	OPEN GYM	GYMS CLOSE @ 3:00PM	
1:30 PM														
2:00 PM														
2:30 PM		SACC		SACC		SACC		SACC		SACC				
3:00 PM														
3:30 PM														
4:00 PM			OPEN GYM		OPEN GYM		OPEN GYM							
4:30 PM														
5:00 PM											GYMS CLOSE @ 5:00PM			
5:30 PM														
6:00 PM		FAMILY GYM		FAMILY 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 10/22/26 - Schedule Subject to Change**