

Sage YMCA Gym Schedule 10/30-12/24 Court 2									Sage YMCA Gym Schedule 10/30-12/24 Court 1																				
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday													
5:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:00AM	5:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:00AM												
5:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30AM	5:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30AM												
6:00AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:00AM	6:00AM		Open Gym	Boot Camp	Open Gym	Boot Camp	Open Gym		6:00AM												
6:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:30AM	6:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:30AM												
7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00AM	7:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00AM												
7:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30AM	7:30AM	Body Combat	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30AM												
8:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:00AM	8:00AM	Body Combat	Open Gym	Open Gym	Open Gym	Body Combat	Open Gym	Cross Training	8:00AM												
8:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:30AM	8:30AM	Body Combat	Open Gym	Open Gym	Open Gym	Body Combat	Open Gym	Cross Training	8:30AM												
9:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:00AM	9:00AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:00AM												
9:30AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:30AM	9:30AM	Open Gym	Open Gym	Body Combat	Zumba	Open Gym	Open Gym	Open Gym	9:30AM												
10:00AM	Full Court Basketball	Preschool	Preschool	Preschool	Preschool	Preschool	Open Gym	10:00AM	10:00AM	Full Court Basketball	Open Gym	Body Combat	Zumba	Open Gym	Open Gym	Open Gym	10:00AM												
10:30AM	Open Gym						10:30AM	10:30AM	Full Court Basketball	Open Gym	Open Gym	Zumba Gold	Open Gym	Open Gym	Open Gym	Open Gym	10:30AM												
11:00AM	Open Gym						Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:00AM	11:00AM	Family Open Volleyball 11am-1pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:00AM								
11:30AM	Open Gym						Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:30AM	11:30AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:30AM							
12:00PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00PM	12:00PM	Family Open Volleyball 11am-1pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00PM												
12:30PM	Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30PM	12:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30PM											
1:00PM	Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00PM	1:00PM		Adult Open Volleyball (ages 14+) 1-3pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00PM										
1:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30PM	1:30PM	Open Gym	Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30PM											
2:00PM	Open Gym	Preschool	Preschool	Preschool	Preschool	Preschool	Open Gym	2:00PM	2:00PM	Adult Open Volleyball (ages 14+) 1-3pm		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:00PM										
2:30PM	Open Gym						Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	2:30PM	2:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30PM						
3:00PM	Open Gym						Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	Open Gym	3:00PM	3:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00PM					
3:30PM	Open Gym						Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	Open Gym	3:30PM	3:30PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:30PM					
4:00PM	Open Gym	Youth and Family Open Basketball	Youth and Family Open Basketball	Youth and Family Open Basketball	Youth and Family Open Basketball	Youth and Family Open Basketball	Open Gym	4:00PM	4:00PM	Open Gym	Open Gym	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Open Gym	4:00PM											
4:30PM																	4:30PM	4:30PM	Sports Tots								4:30PM		
5:00PM																	5:00PM	5:00PM											5:00PM
5:30PM																	5:30PM	5:30PM											5:30PM
6:00PM																	6:00PM	6:00PM										6:00PM	
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8:00PM																	8:00PM	8:00PM										8:00PM	
8:30PM																	8:30PM	8:30PM										8:30PM	
9:00PM							9:00PM	9:00PM										9:00PM											

Half of the gym will be closed on Nov. 4 for a Swim Meet. The whole gym will be close on Dec. 7 from noon-close and Dec. 8 from open-noon for the YMCA Community Breakfast. There will be a modified Gym schedule the week of Nov. 20-24 for Thanksgiving Break Camp. Gym Schedule is subject to change without notice. See the Fitness Schedule for class times.