

Sage YMCA Gym Schedule 9/5-10/29 Court 2									Sage YMCA Gym Schedule 9/5-10/29 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	Boot Camp	Open Gym	Boot Camp	Grit Plyo		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		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	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	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	Open Gym	Open Gym	Open Gym	Zumba Gold	Open Gym	Strength Foundat.	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	Open Gym	11:30AM		
12:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00PM	12:00PM	Open Gym	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	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	Open Gym	1:00PM	1:00PM	Open Gym	Open Gym	Open Pickleball	Open Gym	Open Pickleball	Open Gym	Open Gym	1:00PM							
1:30PM	Open Gym	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	1:30PM					
2:00PM	Open Gym	Preschool	Preschool	Preschool	Preschool	Preschool	Open Gym	2:00PM	2:00PM	Family Open Volleyball 2-4PM	Open Gym	Open Pickleball	Open Gym	Open Pickleball	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	2:30PM		
3:00PM	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	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+)	4:00PM							
4:30PM							4:30PM	4:30PM		4:30PM							4:30PM							
5:00PM							5:00PM	5:00PM		5:00PM							5:00PM							
5:30PM								5:30PM	5:30PM									5:30PM						
6:00PM								6:00PM	6:00PM									6:00PM						
6:30PM			Grit Plyo					6:30PM	6:30PM				Beginner Basketball					6:30PM						
7:00PM								7:00PM	7:00PM				Advanced Basketball					7:00PM						
7:30PM			Bolly X	Body Combat				7:30PM	7:30PM									7:30PM						
8:00PM								8:00PM	8:00PM									8:00PM						
8:30PM		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+)		8:30PM	8:30PM		Adult Open Basketball (ages 14+)					8:30PM								
9:00PM								9:00PM	9:00PM							9:00PM								

They gym will be closed on Saturday, September 30 and Saturday, October 14 for Swim Meets. There will be a modified schedule on Monday, October 9 for Columbus Day. Schedule is subject to change without notice. See the fitness schedule for class times.