

Sage YMCA Gym Schedule 2/19 - 4/15 Court 2									Sage YMCA Gym Schedule 2/19 - 4/15 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	TRX Boot Camp	Open Gym	Open Gym	Open Gym	8:00AM	8:00AM	Body Combat	Boot Camp	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	8:30AM	8:30AM		Boot Camp	Open Gym	Open Gym	Body Combat Express	Open Gym		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	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	10:30AM								
11:00AM	Open Gym												Open Gym	11:00AM	11:00AM		Open Gym	Open Gym	Zumba Gold	Open Gym	Open Gym	Open Gym	11:00AM							
11:30AM	Open Gym												Open Gym	11:30AM	11:30AM	Family Open Volleyball 11am-1pm	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		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	Special Olympics	Open Gym	Open Gym	12:30PM												
1:00PM	Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00PM	1:00PM		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	Adult Open Volleyball (ages 14+) 1-3pm	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		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:00PM												
2:30PM	Open Gym												Open Gym	2:30PM	2:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30PM							
3:00PM	Open Gym												Open Gym	3:00PM	3:00PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00PM						
3:30PM	Open Gym												Open Gym	3:30PM	3:30PM		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+)	Open Gym	4:00PM												
4:30PM																		Open Gym	4:30PM	4:30PM							Open Gym	4:30PM		
5:00PM																			5:00PM	5:00PM		Sports Tots						Open Gym	5:00PM	
5:30PM																			5:30PM	5:30PM									Open Gym	5:30PM
6:00PM																			6:00PM	6:00PM									Open Gym	6:00PM
6:30PM									Grit Plyo	Youth Volleyball (3-5 Grade)*	TRX Boot Camp								6:30PM	6:30PM			Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)			Open Gym	6:30PM
7:00PM																			7:00PM	7:00PM			Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)			Open Gym	7:00PM
7:30PM									Body Combat	Youth Volleyball (6-8 Grade)*	Zumba								7:30PM	7:30PM			Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)			Open Gym	7:30PM
8:00PM																			8:00PM	8:00PM									Open Gym	8:00PM
8:30PM									Adult Open Basketball (ages 14+)	Adult Open Volleyball 8-9:15pm*	Adult Open Basketball (ages 14+)								8:30PM	8:30PM			Adult Open Basketball (ages 14+)						Open Gym	8:30PM
9:00PM								9:00PM	9:00PM									Open Gym	9:00PM											

*Wednesday evening Youth and Adult Volleyball begins 3/7. The entire gym will be closed from 3-5pm on 2/28 for a Special Olympics Basketball Game. The entire gym will be closed on 3/3 and 3/4 for Districts Swim Meet. Half of the gym will be closed from 9-10:30am on 3/10 for Active8. There will be a modified gym schedule for Spring Break week (March 26-30). This schedule is subject to change without notice and may be modified for special events. See the Fitness Schedule for class times.