

Sage YMCA Gym Schedule 10/29-1/6 Court 2									Sage YMCA Gym Schedule 10/29-1/6 Court 1								
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:00 AM	5:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:00 AM	
5:30 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30 AM	5:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		5:30 AM	
6:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:00 AM	6:00 AM	Open Gym	Boot Camp	Open Gym	Boot Camp	Open Gym		6:00 AM	
6:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:30 AM	6:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:30 AM	
7:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00 AM	7:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00 AM	
7:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30 AM	7:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30 AM	
8:00 AM	Open Gym	Open Gym	Open Gym	TRX Boot Camp	Open Gym	Open Gym	Open Gym	8:00 AM	8:00 AM	Body Combat	Open Gym	Open Gym	Open Gym	Open Gym	Cross Training	8:00 AM	
8:30 AM	Open Gym	Open Gym	Open Gym	TRX Boot Camp	Open Gym	Open Gym	Open Gym	8:30 AM	8:30 AM	Body Combat	Boot Camp	Open Gym	Open Gym	Open Gym	Cross Training	8:30 AM	
9:00 AM	Lois Weight and Keep it Off	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:00 AM	9:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:00 AM	
9:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:30 AM	9:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Zumba	9:30 AM	
10:00 AM	Full Court Basketball							10:00 AM	10:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	10:00 AM	
10:30 AM	Preschool	Preschool	Preschool	Preschool	Preschool	Preschool		10:30 AM	10:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	10:30 AM	
11:00 AM	Open Gym							11:00 AM	11:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:00 AM	
11:30 AM	Open Gym							11:30 AM	11:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:30 AM	
12:00 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		12:00 PM	12:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00 PM	
12:30 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		12:30 PM	12:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30 PM	
1:00 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		1:00 PM	1:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:00 PM	
1:30 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		1:30 PM	1:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30 PM	
2:00 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		2:00 PM	2:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:00 PM	
2:30 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		2:30 PM	2:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30 PM	
3:00 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		3:00 PM	3:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00 PM	
3:30 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		3:30 PM	3:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:30 PM	
4:00 PM	Open Gym	Open Pickleball	Open Gym	Open Gym	Open Gym	Open Pickleball		4:00 PM	4:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	4:00 PM	
4:30 PM								4:30 PM	4:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	4:30 PM	
5:00 PM								5:00 PM	5:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	5:00 PM	
5:30 PM								5:30 PM	5:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	5:30 PM	
6:00 PM								6:00 PM	6:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:00 PM	
6:30 PM								6:30 PM	6:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	6:30 PM	
7:00 PM								7:00 PM	7:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:00 PM	
7:30 PM								7:30 PM	7:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	7:30 PM	
8:00 PM								8:00 PM	8:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:00 PM	
8:30 PM								8:30 PM	8:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:30 PM	
9:00 PM								9:00 PM	9:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	9:00 PM	

The entire gymnasium will be closed on the following days: Wednesday, November 21 8:30-4pm for the Turkey Buster Workout, Thursday, December 8 2-8:30pm for the Community Breakfast, Friday, December 7 5-11am for the Community Breakfast, Friday, December 7 6-8pm for the Jingle Jam Dance Party. This schedule is subject to change without notice and may be modified for inclement weather, special events or fitness class changes. Please see the Group Fitness Schedule for class times.