

Sage YMCA Gym Schedule 10/29-12/23 Court 2

Sage YMCA Gym Schedule 10/29-12/23 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	Boot Camp	Open Gym	Boot Camp	Grit Plyo		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	CXWORX		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	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	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		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	Boot Camp	Open Gym	Open Gym	Body Combat Express	Open Gym	Cross Training	8:00 AM						
8:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	8:30 AM	8:30 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		8:30 AM						
9:00 AM	Lose 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	9:30 AM	9:30 AM	Open Gym	Open Gym	Body Combat	Zumba	Full Body Conditioning	Open Gym	Zumba	9:30 AM						
10:00 AM	Full Court Basketball	Preschool	Preschool	Preschool	Preschool	Preschool	Preschool	Open Gym	10:00 AM	10:00 AM	Full Court Basketball	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	10:00 AM						
10:30 AM								Open Gym	10:30 AM	10:30 AM		Open Gym	Open Gym	Open Gym	Zumba Gold	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	10:30 AM		
11:00 AM	Open Gym								Open Gym	11:00 AM	11:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:00 AM	
11:30 AM	Open Gym								Open Gym	11:30 AM	11:30 AM		Open Gym	Open Gym	Open Gym	Open Gym	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	Open Gym	12:00 PM	12:00 PM	Family Open Volleyball 11am-1pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:00 PM						
12:30 PM	Open Gym		Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	12:30 PM		12:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30 PM				
1:00 PM	Open Gym		Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	1:00 PM		1:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Pioneer Basketball	Open Gym	Open Gym	1:00 PM				
1:30 PM	Open Gym		Open Gym	Open Gym	Open Gym		Open Gym	1:30 PM	1:30 PM	Adult Open Volleyball (ages 14+)	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	1:30 PM						
2:00 PM	Open Gym	Preschool	Preschool	Preschool	Preschool	Preschool	Preschool	Open Gym	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 Gym	2:30 PM	2:30 PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30 PM	
3:00 PM	Open Gym								Open Gym	3:00 PM	3:00 PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00 PM
3:30 PM	Open Gym								Open Gym	3:30 PM	3:30 PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:30 PM
4:00 PM	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	Youth and Family Open Basketball	Open Gym	4:00 PM	4:00 PM	Open Gym	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					4:30 PM	
5:00 PM															5:00 PM	5:00 PM		Open Gym					5:00 PM
5:30 PM															5:30 PM	5:30 PM		Open Gym					5:30 PM
6:00 PM															6:00 PM	6:00 PM		Open Gym					6:00 PM
6:30 PM															6:30 PM	6:30 PM		Basketball Ages 5-8	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	6:30 PM
7:00 PM															7:00 PM	7:00 PM		Basketball Ages 9-12					7:00 PM
7:30 PM															7:30 PM	7:30 PM							7:30 PM
8:00 PM															8:00 PM	8:00 PM							8:00 PM
8:30 PM															8:30 PM	8:30 PM							8:30 PM
9:00 PM									9:00 PM	9:00 PM							9:00 PM						

The entire gymnasium will be closed on the following days: Wednesday, November 21 5:30-8pm for the Turkey Buster Workout, Thursday, December 6 2-9:30pm 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.