

Sage YMCA Gym Schedule 1/7/19-3/24/19 Court 2								Sage YMCA Gym Schedule 1/7/19-3/24/19 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						
5:30 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						
6:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		6:00 AM	6:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym						
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					
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					
7:30 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						
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	Strength Express	Open Gym	Open Gym	Open Gym	Open Gym	Cross Training					
8:30 AM	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						
9:00 AM	Open Gym	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	Zumba					
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	Open Gym						
10:00 AM	Full Court Basketball 10-11am	Preschool	Preschool	Preschool	Preschool	Preschool	Preschool	Open Gym	10:00 AM	10:00 AM	Full Court Basketball 10-11am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym					
10:30 AM	Open Gym							10:30 AM	10:30 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
11:00 AM	Open Gym							Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
11:30 AM	Open Gym							Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
12:00 PM	Open Gym	Open Pickleball 12-2pm	Open Gym	Open Gym	Open Gym	Open Pickleball 12-2pm	Open Gym	12:00 PM	12:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym					
12:30 PM	Open Gym		Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym					
1:00 PM	Open Gym		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	Open Gym	Open Gym				
1:30 PM	Open Gym		Open Gym	Open Gym	Open Gym		Open Gym	Open Gym	Open Gym	1:30 PM	1:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym				
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					
2:30 PM	Open Gym							Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
3:00 PM	Open Gym							Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
3:30 PM	Open Gym							Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
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					
4:30 PM														4:30 PM	4:30 PM						Open Gym
5:00 PM														5:00 PM	5:00 PM						Open Gym
5:30 PM														5:30 PM	5:30 PM						Open Gym
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7:00 PM														7:00 PM	7:00 PM						Open Gym
7:30 PM														7:30 PM	7:30 PM						Open Gym
8:00 PM														8:00 PM	8:00 PM						Open Gym
8:30 PM														8:30 PM	8:30 PM						Open Gym
9:00 PM														9:00 PM	9:00 PM						Open Gym

The gymnasium will be closed on the following days/times: Friday, January 25 from 5:30-9:30pm for the Preschool Daddy-Daughter Disco Dance, Saturday, Feb. 2 for a Piranhas swim meet (half gym), Sunday, Feb. 3 for the Super Bowl Pregame Workout (whole gym), Saturday, Feb. 16 for a Piranhas swim meet (whole gym), Wednesday, February 20 from 3:30-6:00pm for the Pioneer Center Special Olympics Basketball Game, Friday, March 8 from 4pm-close for My Sister's Dress setup (whole gym), Saturday, March 9 from open-2pm for My Sister's Dress sale (whole gym), Friday, March 22 from 5:30-8:00pm for the Spring Break Sizzler Workout (whole gym). 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