

Sage YMCA Gym Schedule 6/11-7/15 Court 2

Sage YMCA Gym Schedule 6/11-7/15 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 | Open Gym | Open Gym | Open Gym | Open Gym | | 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 | 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 | 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 | 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 | Open Gym | 8:00AM | 8:00AM | Body Combat | Boot Camp | Open Gym | Open Gym | Body Combat Express | 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 | | | Open Gym | Open Gym | | Open Gym | | Open Gym | Open Gym | Open Gym | Open Gym | 8:30AM | | | | | | | | | | |
| 9:00AM | Open Gym | 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 | 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 | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | 10:00AM | 10:00AM | Full Court Basketball | Open Gym | | | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | 10:00AM | | | | | | | | | | | | |
| 10:30AM | | | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | 10:30AM | 10:30AM | | | Open Gym | Open Gym | Zumba Gold | Open Gym | Open Gym | Open Gym | 10:30AM | | | | | | | | | | | | | |
| 11:00AM | Open Gym | Preschool | Preschool | Preschool | Preschool | Preschool | Preschool | Preschool | 11:00AM | 11:00AM | Family Open Volleyball 11am-1pm | Open Gym | Open Gym | Open Gym | | Open Gym | Open Gym | Open Gym | 11:00AM | | | | | | | | | | | | | |
| 11:30AM | Open Gym | | | | | | | | 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 | 11:30AM | | | | | | | |
| 12:00PM | Open Gym | 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 | 12:00PM | | | | | | | | | | | | | | |
| 12:30PM | Open Gym | 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 | 12:30PM | | | | | | | | | | | | | | |
| 1:00PM | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | 1:00PM | 1:00PM | Adult Open Volleyball (ages 14+) 1-3pm | 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 | 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 | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | 2:00PM | 2:00PM | | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym | 2:00PM | | | | | | | | | | | | | |
| 2:30PM | Open Gym | Open Gym | 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 | 2:30PM | | | | | | | | | | | | | | |
| 3:00PM | Open Gym | Preschool | Preschool | Preschool | Preschool | Preschool | Preschool | Preschool | 3:00PM | 3:00PM | Open Pickleball | 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 | 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 | Youth and Family Open Basketball | Youth and Family Open Basketball | 4:00PM | 4:00PM | Open Pickleball | 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 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:00PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5:30PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:00PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6:30PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:00PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7:30PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:00PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8:30PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:00PM | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Youth Gym Policy: Under 8 years-parent supervision required/8-10 years-parent is required to be in the building.

*The Sage YMCA will be closed on Wednesday, July 4th. This schedule is subject to change without notice and may be modified for special events and inclement weather during Day Camp times. See the Fitness Schedule for class times.