

Sage YMCA Gym Schedule 1/8/18-2/18/18 Court 2								Sage YMCA Gym Schedule 1/8/18-2/18/18 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		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	Active8	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	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	Open Gym	10:00AM													
10:30AM											Open Gym	10:30AM	10:30AM		Open Gym	Open Gym	Zumba Gold	Open Gym	Open Gym	Open Gym	10:30AM									
11:00AM	Open Gym											Open Gym	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	11:30AM	11:30AM		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	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	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	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	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+)	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										6:30PM	6:30PM										Open Gym	6:30PM
7:00PM								Body Combat Express										7:00PM	7:00PM										Open Gym	7:00PM
7:30PM										Zumba								7:30PM	7:30PM										Open Gym	7:30PM
8:00PM																		8:00PM	8:00PM										Open Gym	8:00PM
8:30PM								Adult Open Basketball (ages 14+)	Adult Full Court Basketball (ages 14+)		Adult Open Basketball (ages 14+)							8:30PM	8:30PM		Adult Open Basketball (ages 14+)		Adult Full Court Basketball (ages 14+)						Open Gym	8:30PM
9:00PM								9:00PM	9:00PM										Open Gym	9:00PM										

Half of the gym will be closed on Saturday, January 13 for a Swim Meet, Saturday, January 27 from 7am-noon for the Sage Y Fitness Expo and Sunday, February 4 from 8am-11pm for the Superbowl 52 Pregame Workout. The whole gym will be closed on January 17 from 5-8pm for the Daddy-Daughter Disco Dance, February 3 and February 14 for Swim Meets. There will be a modified schedule on January 12 and 15 for School Days Out. This schedule is subject to change without notice and may be modified for special events. See the Fitness Schedule for class times.