

## Sage YMCA Gym Schedule 7/16-8/19 Court 2

## Sage YMCA Gym Schedule 7/16-8/19 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	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		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	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	Zumba	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		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	Zumba Gold	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	Open Gym	Open Gym		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	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	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	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																															4:30PM	
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9:00PM																			9:00PM													

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

\* The gym will be closed on Friday, July 27th from 4:00pm to close for Camp Talent Show. 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.