

Sage YMCA Gym Schedule 4/23-6/10 Court 2									Sage YMCA Gym Schedule 4/23-6/10 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	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	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	9:30AM	9:30AM	Open Gym	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												10:30AM	10:30AM		Open Gym	Open Gym	Zumba Gold	Open Gym	Open Gym	Open Gym	10:30AM								
11:00AM	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												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	Open Gym	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	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	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	2:00PM												
2:30PM	Open Gym												2:30PM	2:30PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	2:30PM							
3:00PM	Open Gym												3:00PM	3:00PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	3:00PM							
3:30PM	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	TRX Boot Camp	Youth and Family Open Basketball	4:00PM	4:00PM	Open Gym	Open Gym	Adult Open Basketball (ages 14+)	Court 1 of the Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Adult Open Basketball (ages 14+)	Open Gym	4:00PM												
4:30PM																		4:30PM	4:30PM								4:30PM		
5:00PM																			5:00PM	5:00PM	Sports Tots							5:00PM	
5:30PM																			5:30PM	5:30PM									5:30PM
6:00PM																			6:00PM	6:00PM									6:00PM
6:30PM				Grit Plyo	Youth Volleyball (3-5 Grade)*				6:30PM	6:30PM														6:30PM					
7:00PM									7:00PM	7:00PM														7:00PM					
7:30PM				Body Combat	Youth Volleyball (6-8 Grade)*		Zumba		7:30PM	7:30PM														7:30PM					
8:00PM									8:00PM	8:00PM														8:00PM					
8:30PM				Adult Open Basketball (ages 14+)	Adult Open Volleyball 8-9:15pm*		Adult Open Basketball (ages 14+)		8:30PM	8:30PM														8:30PM					
9:00PM								9:00PM	9:00PM		Adult Open Basketball (ages 14+)							9:00PM											

Court 1 of the gym will be closed on **Friday, April 20** from 5-9pm for the Les Mills Launch Party. The whole gym will be closed on **Wednesday, April 18** from 5-8:30pm for the Preschool Movin' With Moms Dancy Party and **Saturday, April 21** from 6:30am-1pm for Healthy Kids Day. The Sage YMCA is closed on **Monday, May 28** for Memorial Day. This schedule is subject to change without notice and may be modified for special events. See the Fitness Schedule for class times.