



Club Life

September 2026 • San Francisco



Fall Into More Days
Like This

Club Highlights

New Instructors & Classes

Come meet Sarah, Salvador, and Indy—our newest SF instructors bringing fresh energy to Pilates, cycling, HIIT, qigong, and tai chi.

Fall Sports Watch Parties

Game days are better together. Catch all the pro football, baseball, and basketball action at Bay Club San Francisco and Gateway this season.

Afterglow Yoga Pop-Up & Social

Experience a yoga class that feels more like a party, blending Vinyasa flow, playful movement, music, and community connection on September 26.



More Together

From weekday workouts to weekend traditions, bring your favorite people into the routine with Shared Membership.

Scan to get started.

September 2026

Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 September Member Perk Enjoy 20% off Club Recess's elevated women's apparel, paddles, and accessories for pickleball, tennis, and beyond.		1 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Badminton Birdie Club: GW 5:00 pm-7:00 pm	2 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm	3 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Volleyball Thursday Night Spikes: GW 5:00 pm-8:00 pm	4 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Member Social & Pickleball Open Play: GW 5:00 pm-9:00 pm Basketball Open Play: GW 6:00 pm-8:30 pm	5 Beginner & Advanced Swim School: GW 10:00 am-12:00 pm
	6 Parent-Tot Swim: GW 10:00 am-10:30 am	7 Labor Day 🌞 Holiday Hours SF: 7:00 am-7:00 pm SSF: 7:00 am-3:00 pm GW: 7:00 am-8:00 pm FD: Closed School Break Camp: GW 9:00 am-4:00 pm	8 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Badminton Birdie Club: GW 5:00 pm-7:00 pm	9 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm	10 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Volleyball Thursday Night Spikes: GW 5:00 pm-8:00 pm Opening Day Football Watch Party: SF 5:35 pm	11 Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Basketball Open Play: GW 6:00 pm-8:30 pm
		12 Beginner & Advanced Swim School: GW 10:00 am-12:00 pm				
	13 Parent-Tot Swim: GW 10:00 am-10:30 am	14 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Coed Pickleball League: GW 6:00 pm-8:00 pm	15 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Badminton Birdie Club: GW 5:00 pm-7:00 pm	16 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm	17 Golf Championship Watch Party: SF All Day Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Volleyball Thursday Night Spikes: GW 5:00 pm-8:00 pm	18 Golf Championship Watch Party: SF All Day Basketball Watch Party: SF 7:00 pm Baseball Watch Party: SF 7:10 pm
	19 Golf Championship Watch Party: SF All Day Beginner & Advanced Swim School: GW 10:00 am-12:00 pm					
20 Golf Championship Watch Party: SF All Day Baseball Watch Party: SF 1:10 pm Football Watch Party: SF 1:25 pm	21 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Coed Pickleball League: GW 6:00 pm-8:00 pm	22 First Day of Fall 🍁 Golf Championship Watch Party: SF All Day Badminton Birdie Club: GW 5:00 pm-7:00 pm Basketball Watch Party: SF 7:00 pm	23 Golf Watch Party: SF All Day Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm	24 Golf Watch Party: SF All Day Basketball Watch Party: SF 7:00 pm	25 Golf Watch Party: SF All Day Baseball Watch Party: SF 7:15 pm	26 Golf Watch Party: SF All Day Afterglow Yoga Pop-Up & Social: SF 10:30 am Baseball Watch Party: SF 1:05 pm
27 Golf Watch Party: SF All Day Baseball Watch Party: SF 12:05 pm Football Watch Party: SF 1:05 pm	28 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Coed Pickleball League: GW 6:00 pm-8:00 pm	29 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm Badminton Birdie Club: GW 5:00 pm-7:00 pm	30 Red Ball Tennis Clinic: GW 4:00 pm-5:00 pm Beginner & Advanced Swim School: GW 4:00 pm-6:00 pm	1	2	3

SF: San Francisco SSF: South San Francisco GW: Gateway FD: Financial District

Activities and classes are subject to change at any time. Check Bay Club Connect for the latest updates, or contact the Front Desk if you have any questions.