



SNOQUALMIE VALLEY Y GYM SCHEDULE (EAST) - SEPTEMBER 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X 5:20 - 6:20am	Cycle Circuit 5:20 - 6:20am	P90X 5:20 - 6:20am	Cycle Circuit 5:20 - 6:20am	P90X 5:20 - 6:20am		
6							
7	Kids University 7 - 9am	Kids University 7 - 9am	Kids University 7 - 9am	Kids University 7 - 9am	Kids University 7 - 9am	Open Gym 7 - 8am	Open Gym 8 - 8:30am
8						Cycle 8 - 8:55am	Futsal 8:30 - 10am
9	Bootcamp 9:15 - 10:15am	Cycle 9:15 - 10:15am	P90X 9:15 - 10:15am	Cycle 9:15 - 10:15am	HIIT/CORE 9:15 - 10:30am	Bootcamp 9:05 - 10am	
10	Kid Zone 10:15 - 11:15am	Bootcamp 10:30 - 11:15am	Kid Zone 10:15 - 11:15am	Total Body Sculpt 10:30 - 11am	Kid Zone 10:30 - 11:30am	Open Gym 10am - 12:30pm	Open Gym 10am - 12:30pm
11	Open Gym 11:15am - 3:30pm	Open Gym 11:15 - 3:30pm	Open Gym 11:15am - 3:30pm	Kids Zone 11am - 12pm	Open Gym 11:30am - 1:30pm		
12pm				Open Gym** 12 - 3:30pm			
1					Kids University 1:30 - 6pm		
2							
3	Kids University 3:30 - 6pm	Kids University 3:30 - 6pm	Kids University 3:30 - 6pm	Kids University 3:30 - 6pm	Kids University 1:30 - 6pm	Open Gym 3 - 6pm	Open Gym 3 - 6pm
4							
5							
6	P90X 6:15 - 7:10pm	Cycle Circuit 6 - 7pm	Bootcamp 6:15 - 7:10pm	Cycle 6 - 7pm	Open Gym* 6 - 9pm		
7				Open Gym 7 - 8:30pm			
8	Open Gym 7:15 - 8:30pm	Open Volleyball (17+) 7 - 9pm	Open Gym 7:15 - 8:30pm	Adult Basketball (16+) 8:30 - 10pm	Adult Basketball (16+) 8:30 - 10pm	Adult Basketball (16+) 9 - 10pm	
9	Adult Basketball (16+) 8:30 - 10pm		Adult Basketball (16+) 8:30 - 10pm				
10		Adult Basketball (16+) 9 - 10pm					

ATTENTION MEMBERS:
*The first and second Fridays of the month are Family Programs activities instead of open gym.
**Lunch & Jump will take place from 11am - 1pm on September 21 (no open gym at this time).

Updated 8/14/2017