



APRIL 1-7

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SNOQUALMIE VALLEY Y GYM SCHEDULE (WEST)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X® 5:20 - 6:20am	OPEN GYM 5:00 - 7:00am	P90X® 5:20 - 6:20am	OPEN GYM 5:00 - 7:00am	BOOTCAMP 5:20 - 6:20am		
6							
7	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	OPEN GYM 7:00 - 9:00am	
8							
9	P90X® 9:15 - 10:15am	OPEN GYM 9:00 - 10:00am	P90X® 9:15 - 10:15am		HIIT/CORE 9:15 - 10:30am	BARBELL PUMP 9:05 - 10:00am	
10	FOAM ROLLING 10:20 - 10:50am	BOOTCAMP 10:00 - 10:55am	STRETCH - EXPRESS 10:20 - 10:50am				OPEN GYM 8:00am - 12:30pm
11				OPEN GYM ▶ 9:00am - 4:30pm		OPEN GYM 10:00am - 12:30pm	
12pm							
1	OPEN GYM ▶ 11:00am - 4:30pm	OPEN GYM ▶ 11:00am - 4:30pm	OPEN GYM ▶ 11:00am - 4:30pm		OPEN GYM ▶ 10:30am - 6:00pm	BIRTHDAY PARTIES 12:30 - 2:30pm	BIRTHDAY PARTIES 12:30 - 2:30pm
2							
3							
4	KIDS U 4:30 - 5:45pm	KIDS U 4:30 - 5:45pm	KIDS U 4:30 - 5:45pm	KIDS U 4:30 - 5:45pm		OPEN GYM 2:30 - 6:00pm	OPEN GYM ** 2:30 - 6:00pm
5							
6	P90X® 6:00 - 7:00pm	OPEN GYM 5:45 - 7:00pm			PICKLEBALL * 6:00 - 8:00pm	<u>ATTENTION MEMBERS:</u> ◀ Women's Volleyball: 4/5, 8-10pm * Parents' Night Out: 4/12, 6-9pm ** Badminton: 4/14, 3:45pm-6pm ▶ Open Gym for Community Teens: Monday - Thursday, 3:00-4:30pm Friday, 4:00 - 5:00pm Revised: 3.1.2019	
7			OPEN GYM 5:45 - 9:00pm	OPEN GYM 5:45 - 9:00pm			
8	OPEN GYM 7:00-9:00pm						
9	ADULT BASKETBALL (16+) 9:00 - 10:00pm	ADULT VOLLEYBALL (16+) 7:00 - 10:00pm	ADULT BASKETBALL (16+) 9:00 - 10:00pm	ADULT BASKETBALL (16+) 9:00 - 10:00pm	OPEN GYM * ◀ 8:00 - 10:00pm		
10							



APRIL 1-7

FOR YOUTH DEVELOPMENT®
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SNOQUALMIE VALLEY Y GYM SCHEDULE (EAST)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	P90X® 5:20 - 6:20am	OPEN GYM 5:00 - 7:00am	P90X® 5:20 - 6:20am	OPEN GYM 5:00 - 7:00am	BOOTCAMP 5:20 - 6:20am		
6							
7	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	KIDS U 7:00 - 9:00am	OPEN GYM 7:00 - 9:00am	
8							
9	P90X® 9:15 - 10:15am	OPEN GYM 9:00 - 10:00am	P90X® 9:15 - 10:15am	OPEN GYM 9:00 - 11:00am	HIIT/CORE 9:15 - 10:30am	BARBELL PUMP 9:05 - 10:00am	OPEN GYM 8:00am - 12:30pm
10	KIDS ZONE 10:15 - 11:45am	BOOTCAMP 10:00 - 10:55am	KIDS ZONE 10:15 - 11:15am		KIDS ZONE 10:30 - 11:30am		
11				KIDS ZONE 11:00am - 12pm		OPEN GYM 10:00am - 12:30pm	
12p	OPEN GYM 11:45am - 3:30pm	OPEN GYM * 11:00 - 3:30pm	OPEN GYM 11:15am - 3:30pm	OPEN GYM 12:00 - 3:30pm	OPEN GYM 11:30am - 3:30pm		
1						BIRTHDAY PARTIES 12:30 - 2:30pm	BIRTHDAY PARTIES 12:30 - 2:30pm
2							
3	KIDS U 3:30 - 5:45pm	KIDS U 3:30 - 5:45pm	KIDS U 3:30 - 5:45pm	KIDS U 3:30 - 5:45pm	KIDS U 3:30 - 5:45pm		
4						OPEN GYM 2:30 - 6:00pm	OPEN GYM ** 2:30 - 6:00pm
5							
6	P90X® 6:00 - 7:00pm	OPEN GYM 5:45 - 7:00pm	OPEN GYM 5:45 - 9:00pm	OPEN GYM 5:45 - 9:00pm	PICKLEBALL * 6:00 - 8:00pm	ATTENTION MEMBERS: ◀ Women's Volleyball: 4/5, 8-10pm * Parents' Night Out: 4/12, 6-9pm ** Badminton: 4/14, 3:45pm-6pm Revised: 2.21.2019	
7							
8	OPEN GYM 7:00 - 9:00pm	ADULT VOLLEYBALL (16+) 7:00 - 10:00pm					
9	ADULT BASKETBALL (16+) 9:00 - 10:00pm		ADULT BASKETBALL (16+) 9:00 - 10:00pm	ADULT BASKETBALL (16+) 9:00 - 10:00pm	OPEN GYM * ◀ 8:00 - 10:00pm		
10							