



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LARGE GYMNASIUM

Room Schedule for SEPTEMBER 2019

All Times Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY																					
MORNING CLASSES																																	
Badminton - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Pickleball - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Badminton - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Pickleball - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Badminton - Adult 5am-9:15am	Basketball - Adult 5am-6:30am	Closed		Closed																					
	Open Gym 6:30am-9:30am		Open Gym 6:30am-9:30am	Zumba 9:45am-10:45am Jessica			Open Gym 6:30am-9:30am		Open Gym 6:30am-9:15am	Open Gym 6:30am-9:15am	Open Gym 6am-9:15am	Basketball - Adult 6am-9:15am	Pickleball 6am-10am	Badminton - Adult 6am-8am																			
Zumba 9:45am-10:45am Christina		Open Gym 9:30am-10:15am	Strong by Zumba 9:45am-10:15am Rachel	Open Gym 11am-12pm	Core Strength 11am-11:30am Tim	Zumba 9:45am-10:45am Rachel		Open Gym 9:30am-12pm	Zumba Gold 9:30am-10:25am Diana	Zumba 9:30am-10:30am Christina		Badminton - Family 8am-11:45am																					
Open Gym 11am-12pm	Zumba Gold 11am-11:55am Diana	Zumba 10:30am-11:30am Rachel			Open Gym 11:30am-12pm	Basketball - Adult 11am-12pm	Open Gym 11am-12pm		Strong by Zumba 10:45am-11:45am Liz	Open Gym 10:45am-12pm	Open Gym 10:30am-12pm																						
AFTERNOON/EVENING CLASSES																																	
Open Gym 12pm-10pm	Open Gym 12pm-4pm	Open Gym 12pm-10pm	Open Gym 12pm-6pm	Open Gym 12pm-8pm	Open Gym 12pm-7:15pm	Open Gym 12pm-8pm	Open Gym 12pm-6:30pm	Open Gym 12pm-7:30pm	Open Gym 12pm-7pm	Open Gym 12pm-3:45pm	Open Gym 12pm-6pm	Open Gym 12pm-6pm																					
	★ YMCA Program 4pm-5pm												Open Gym 5pm-6:30pm	Open Gym 12pm-6pm	Open Gym 12pm-8pm	Open Gym 12pm-7:15pm	Open Gym 12pm-8pm	Open Gym 12pm-6:30pm	Open Gym 12pm-7:30pm	Open Gym 12pm-7pm	Open Gym 12pm-3:45pm	Open Gym 12pm-6pm	Open Gym 12pm-6pm										
	Basketball - Adult 6:30pm-10pm																							Badminton - Family 6:30pm-9:30pm	Basketball - Adult 8:15pm-10pm	Basketball - Adult 7:30pm-10pm	Volleyball - Adv Adult (must know 6-2 Rotation) 8:30pm-9:30pm	Volleyball - Adult 7pm-9:30pm	Open Gym - Teen 7:30pm-10pm	Volleyball - Family 7:30pm-9:30pm	Volleyball - Family 6pm-7:30pm	Badminton - Adult 6pm-7:30pm	Closed
COMING THIS MONTH		MODIFIED FACILITY SCHEDULE				NET SPORTS				NET SPORTS (continued)																							
						Badminton: see Small Gym, Large Gym, Central WA U schedules Basketball: see Small Gym, Large Gym, Central WA U schedules Pickleball: see Large Gym, Central WA U schedules Volleyball: see Large Gym, Central WA U schedules				Table Tennis in Group Fitness 1 room: Monday: 3pm-5:30pm Thursday: 8:30pm-9:30pm Tuesday: 8:30pm-9:30pm Saturday: 12:30pm-7:30pm Wednesday: 3pm-4pm Sunday: 1:30pm-5:30pm																							

★ YMCA Programs require registration. See Member Services for additional information.