



BELLEVUE GYM SCHEDULE

**OCTOBER
2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00AM-9:00AM OPEN GYM	6:00-9:00AM PICKLEBALL	6:00-9:00AM PICKLEBALL	6:00-9:00AM PICKLEBALL	6:00-9:00AM PICKLEBALL	6:00-9:00AM PICKLEBALL	8:00AM-9:00AM OPEN GYM
9:00-12:00 MORNING BASKETBALL	9:00-9:45AM OPEN GYM	9:00-10:45AM OPEN GYM	9:00-9:45AM OPEN GYM	9:00-10:45AM OPEN GYM	9:00-11:45AM OPEN GYM	9:00-11:00AM PICKLEBALL
	10:00-10:45AM AOA STRENGTH KAREN	11:00-11:50AM STRENGTH TRAINING \$SGT JANA	10:00-10:45AM AOA STRENGTH LIZ			
			11:00-12:00PM OPEN GYM			
12:00-3:00PM OPEN GYM	12:00-2:00PM LUNCHTIME BASKETBALL	12:00-6:45PM OPEN GYM	12:00-2:00 LUNCHTIME BASKETBALL	12:00-4:45PM OPEN GYM	12:00-12:45AM AOA STRENGTH LIN	11:00AM-3:00PM OPEN GYM
	2:00-8:00PM OPEN GYM		7:00-8:00PM BOOTCAMP APRIL		2:00-8:00PM OPEN GYM	
6:00-6:45PM BASKETBALL SKILLS ACADEMY \$						
7:00-8:00PM OPEN GYM						
						<p>● KIDS PROGRAM INQUIRE AT MEMBERSHIP \$</p> <p>\$-FEE BASED PROGRAM</p>

FOR MORE INFORMATION CONTACT Liz Grant, egrant@seattleyymca.org