



NORTHSHORE MAIN GYM SCHEDULE

**OCT
2021**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				6:00-7:00AM OPEN GYM		
		6:00 –9:45AM OPEN GYM		7:15–8:00AM H.I.I.T	6:00 – 9:15AM OPEN GYM	
				8:15–8:45AM CORE STRENGTH		
	9:15–10:00AM BARBELL PUMP				9:15–10:00AM BARBELL PUMP	
8:00AM-3:00PM OPEN GYM		10:00–10:45AM BEGINNER LINE DANCING				8:00AM-3:00PM OPEN GYM
			6:00AM – 8:00PM OPEN GYM			
				9:00AM – 8:00PM OPEN GYM		
	10:15AM – 8:00PM OPEN GYM				10:15AM – 8:00PM OPEN GYM	
		11:00AM – 8:00PM OPEN GYM				

FOR MORE INFORMATION, CONTACT: CLAIRE WILLIAMS, clairewilliams@seattleyymca.org