



# BELLEVUE GYM SCHEDULE

**NOV  
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 BASKETBALL- ALL AGES	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		10:00-10:45AM AOA STRENGTH LIZ	NOV. 25TH 9:30-10:45AM ZUMBA PARTY BURN THE BIRD		
		11:00-11:50AM STRENGTH TRAINING \$SGT JANA	11:00-12:00PM OPEN GYM	11:00-11:50AM STRENGTH CONDITIONING \$SGT JANA		
12:00-3:00PM OPEN GYM	12:00-2:00PM BASKETBALL- ALL AGES		12:00-2:00 BASKETBALL ALL AGES		12:00-12:45AM AOA STRENGTH LIN	11:00AM-3:00PM OPEN GYM
		12:00-6:45PM OPEN GYM		12:00-4:45PM OPEN GYM		
	2:00-8:00PM OPEN GYM		2:00-8:00PM OPEN GYM	5:00-5:45PM BASKETBALL ACADEMY \$	1:00-8:00PM OPEN GYM	
				6:00-8:00PM OPEN GYM		
		7:00-8:00PM BOOTCAMP APRIL				
						<p>● KIDS PROGRAM INQUIRE AT MEMBERSHIP \$</p> <p>\$-FEE BASED PROGRAM</p>

**FOR MORE INFORMATION CONTACT Liz Grant, [egrant@seattleyymca.org](mailto:egrant@seattleyymca.org)**