



LARGE GYM

Room Schedule for November 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

All Times Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	SUNDAY
Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		Open Gym 6am-6:45am		FACILITY OPENS AT 8 AM	
Badminton 7am-9:30am		Pickleball 7am-9:30am		Open Gym 7am-9:45am		Pickleball 7am-9:30am		Open Gym 7am-9:45am		Pickleball 8am-10:00am	
Open Gym 11:15am-5:00pm		ZUMBA® 10:00am-11:00am Rachel/Liz		Badminton 7am-11:00am		ZUMBA® 10:00am-11:00am Rachel		Badminton 7am-11:00am		Open Gym 10:30am-3:00pm	
		Open Gym 11:15am-8:00pm	Open Gym 11:15am-8:00pm	Open Gym 11:15am-8:00pm	Open Gym 11:15pm-3:30pm	Open Gym 11:15am-8:00pm	Open Gym 11:15am-5:30pm	Open Gym 11:15am-5:30pm	Open Gym 11:15pm-5:00pm		
Badminton-Adult 5:30pm-7:45pm				Badminton – Adult 5:30pm-7:45pm		Volleyball 18yrs+ 5:30pm-7:45pm		Badminton – Family 5:30pm-7:45pm		Badminton – Family 5:30pm-7:45pm	
										FACILITY CLOSSES AT 3 PM	
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FACILITY SCHEDULE
Monday—Friday 6am–8am
Saturday & Sunday 8am–3pm

Join Group Exercise online at the Virtual Y! Included with membership. Visit seattlemca.org/VirtualY

