



# MEREDITH MATHEWS GYM SCHEDULE

**JANUARY  
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00AM-1:30PM OPEN GYM	6:00AM-8:45AM OPEN GYM	6:00AM-1:30PM OPEN GYM	6:00AM-3:45PM OPEN GYM	6:00AM-9:45AM OPEN GYM	
8:00AM-2:45PM OPEN GYM		8:45-10:15AM TOTAL BODY CONDITIONING Anthony - Gym East			9:45-11:00AM TOTAL BODY CONDITIONING Paul - Gym East	8:00-11:45AM \$ YOUTH BASKETBALL LEAGUE
		10:15AM-3:45PM OPEN GYM			11:00AM-1:30PM OPEN GYM	
	1:30-7:15PM RESERVED FOR BASKETBALL PRACTICE		1:30-7:15PM RESERVED FOR BASKETBALL PRACTICE		1:30-7:15PM RESERVED FOR BASKETBALL PRACTICE	11:45AM-2:45PM OPEN GYM
		3:45-7:15PM RESERVED FOR BASKETBALL PRACTICE		3:45-7:15PM RESERVED FOR BASKETBALL PRACTICE		
	7:15-7:45PM OPEN GYM	7:15-7:45PM OPEN GYM	7:15-7:45PM OPEN GYM	7:15-7:45PM OPEN GYM	7:15-7:45PM OPEN GYM	\$ - FEE BASED PROGRAM *REGISTRATION REQUIRED

**FOR MORE INFORMATION CONTACT Nuria Ugalde, [nugalde@seattleyymca.org](mailto:nugalde@seattleyymca.org)**