



BELLEVUE GYM SCHEDULE

**NOV
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-11:00AM BASKETBALL- ALL AGES	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	8:00-9:30AM PICKLEBALL
	9:00-9:45AM OPEN GYM	9:00AM-9:45AM OPEN GYM	9:00-9:45AM OPEN GYM	9:00AM-9:45AM OPEN GYM	9:00-11:45AM OPEN GYM	10:00-11:00AM RESERVED FOR YOUTH PROGRAMS
	10:00-10:45AM AOA STRENGTH KAREN	10:00-10:45AM AOA CARDIO LIZ	10:00-10:45AM AOA STRENGTH LIZ	10:00-10:45AM AOA CARDIO LIZ		RESERVED FOR YOUTH PROGRAMS
11:00AM-12:00PM OPEN GYM	11:00AM-12:00PM STRENGTH CONDITIONING \$SGT	11:00AM-12:00PM OPEN GYM	11:00AM-12:00PM STRENGTH CONDITIONING \$SGT	RESERVED FOR YOUTH PROGRAMS		
11:00-5:00PM OPEN GYM	12:00-2:00PM BASKETBALL ALL AGES	11:00AM-1:00PM PICKLEBALL (Half Court)	12:00-2:00PM BASKETBALL ALL AGES	11:00AM-1:00PM PICKLEBALL (Half Court)	12:00-12:45PM AOA STRENGTH LIN	RESERVED FOR YOUTH PROGRAMS
	2:00-3:45PM OPEN GYM	1:00AM-6:45PM OPEN GYM	2:00-9:00PM OPEN GYM	1:00-6:00PM OPEN GYM	1:00AM-8:00PM OPEN GYM	RESERVED FOR YOUTH PROGRAMS
	4:00-5:00PM ROOKIE BASKETBALL	7:00-8:00PM BOOTCAMP APRIL		5:00-6:00PM ROOKIES SOCCER SKILLS ADADEMY	4:30-5:30PM SETTERS & SPIKERS	\$SGT SMALL GROUP TRAINING INQUIRE AT MEMBERSHIP
5:00-6:00PM JR BOYS BASKETBALL	6:00-7:00PM JR BOYS BASKETBALL			7:00-8:00PM LEGENDS BOYS BASKETBALL	SCHEDULE SUBJECT TO CHANGE AT ANY TIME	
			7:00-9:00PM BASKETBALL- ALL AGES			

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