



# MEREDITH MATHEWS GYM SCHEDULE

**November  
2022**

| SUNDAY                                      | MONDAY                                     | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|---|--|---|---|
| 8:00AM-9:45AM<br>OPEN GYM                   | 6:00AM-8:45AM<br>OPEN GYM                  | 6:00AM-8:45AM<br>OPEN GYM  | 6:00AM-8:45AM<br>OPEN GYM                             | 6:00AM-8:45AM<br>OPEN GYM                            | 6:00AM-9:45AM<br>OPEN GYM                                     | 8:00AM-4:45PM<br>OPEN GYM                               |
| RESERVED FOR<br>*Basketball<br>9:45-12:15pm | 9:00-11:00AM<br>RESERVED FOR<br>Pickleball |  | 9:00-11:00AM<br>RESERVED FOR<br>Pickleball            | 9:00-11:00AM<br>RESERVED FOR<br>Pickleball           |   |   |
|   |  | 8:45-10:15AM<br>TOTAL BODY<br>CONDITIONING<br>Anthony - Gym East |   |  |   |   |
| 12:15-4:45PM<br>OPEN GYM                    | 11:00AM-8:45PM<br>OPEN GYM                 |  | 11:00AM-8:45PM<br>OPEN GYM                            | 11:00AM-8:45PM<br>OPEN GYM                           | 9:45-11:00AM<br>TOTAL BODY<br>CONDITIONING<br>Paul - Gym East |   |
|   |  | 10:15-4:15PM<br>OPEN GYM   |   |  | 11:15-8:45PM<br>OPEN GYM                                      |   |
|   |  |  | 5:30-6:45PM<br>RESERVED FOR<br>Bootcamp<br>Wednesdays | <u>CLOSED @</u><br><u>10:45AM ON</u><br><u>11/24</u> |   |   |
|   |  | 4:15-5:45PM<br>YOUTH FITNESS<br>Miguel                           |   |  |   |   |
|   |  |  | 6:45-8:45PM<br>OPEN GYM                               |  |   |   |
|   |  | 5:45-8:45PM<br>OPEN GYM  |   |  |   | \$ - FEE BASED<br>PROGRAM<br>* REGISTRATION<br>REQUIRED |

**FOR MORE INFORMATION CONTACT Nikita Love, [nlove@seattlemca.org](mailto:nlove@seattlemca.org)**