



MEREDITH MATHEWS GYM SCHEDULE

**MAY
2023**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-8:45AM OPEN GYM	6:00-8:30AM OPEN GYM	6:00-8:45AM OPEN GYM	6:00-8:45AM OPEN GYM	6:00-9:30AM OPEN GYM	7:00AM- 10:30AM OPEN GYM
8:00-9:45AM OPEN GYM	9:00-11:00AM RESERVED FOR PICKLEBALL	8:45-10:15AM TOTAL BODY CONDITIONING Anthony - Gym East	9:00-11:00AM RESERVED FOR PICKLEBALL	9:00-11:00AM RESERVED FOR PICKLEBALL		9:45-11:15AM TOTAL BODY CONDITIONING Paul - Gym East
10:00AM- 12:15PM YOUTH BASKETBALL \$ (through June 11)		11:15AM- 4:30PM OPEN GYM	10:30AM- 8:45PM OPEN GYM	11:15AM- 5:00PM OPEN GYM	11:15AM- 4:00PM OPEN GYM	
12:30-4:45PM OPEN GYM	4:45-7:15PM YOUTH VOLLEYBALL LEAGUE \$ (through June 5)	5:15-6:45PM BOOTCAMP Patti - Gym East		4:15-6:30PM YOUTH T-BALL \$ (through June 1)	3:45-6:15PM RESERVED FOR PICKLEBALL	6:30-7:45PM OPEN GYM
	7:30-8:45PM OPEN GYM	7:00-8:45PM OPEN GYM		6:45-8:45PM OPEN GYM		
						\$-FEE BASED PROGRAM *REGISTRATION REQUIRED

FOR MORE INFORMATION CONTACT MIGUEL DE-GUZMAN, mdeguzman@seattleyymca.org