



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SNOQUALMIE VALLEY Y GYM SCHEDULE - October—mid-December

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am		Cycle Fusion 5:30am-6:30am		Cycle Fusion 5:30am-6:30am			
6							
7	Kids University 7:00am—8:15am	Kids University 7:00am—8:15am	Kids University 7:00am—8:15am	Kids University 7:00am—8:15am	Kids University 7:00am—8:15am	Adult Open Basketball (16+) 7:00am-8:00am	Futsal 8:00—9:30 am
8							
9	Bootcamp 9:00am-10:00am	Cycle 9:00am -10:00am	PX90 9:00am—10:00am	Cycle 9:00am -10:00am	Cardio HIIT/CORE 9:00am-10:15am	Power Cycle 8:00—8:55 am	
10	Kid Zone 10:15am—12:00pm	Bootcamp 10:15am—11:00am	Kid Zone 10:00am—11:45am	Total Body Sculpt 10:15am—10:45am	Kid Zone 10:15am—11:00am	Boot Camp 9:05am-10:00am	All Ages Open Gym 9:30 am—12:30 pm
11		Kid Zone 11:00am—12:00pm		Kid Zone 11:00am—12:00pm		All Ages Open Gym 11:00am—12:55pm	
12pm							
1	All Ages Open Gym 12:00pm—3:00pm	All Ages Open Gym 12:00pm—3:00pm	All Ages Open Gym 12:00 pm—3:00 pm	All Ages Open Gym 12:00pm—3:00pm	Kids University 1:00pm—6:00pm	Birthday Parties 1:00pm—2:00pm	Birthday Parties 12:30pm—2:00pm
2							
3	Teen Hang Time and All Ages Open Gym 3:00pm—3:45pm	Teen Hang Time and All Ages Open Gym 3:00pm—3:45pm	Teen Hang Time and All Ages Open Gym 3:00pm—3:45pm	Teen Hang Time and All Ages Open Gym 3:00pm—3:45pm		All Ages Open Gym 2:00pm—6:00pm	All Ages Open Gym 2:00pm—6:00pm
4	Kids University 3:50pm—6:00pm	Kids University 3:50pm—6:00pm	Kids University 3:50pm—6:00pm	Kids University 3:50pm—6:00pm			
5							
6	Bootcamp 6:15—7:10pm	Bootcamp 6:15—7:10pm	Boot Camp 6:15pm—7:10pm	All Ages Open Gym 6:00pm—8:00pm	All Ages Open Gym 6:00pm—10:00pm		
7	All Ages Open Gym 7:15pm—10:00pm	Adult Competitive Volleyball (16+) 7:30pm—10:00pm	All Ages Open Gym 7:15pm—10:00pm	Adult Open Basketball (16+) 8:00pm-10:00pm			
8	Adult Open Basketball (16+) 8:00pm—10:00pm						
9							
10							

ATTENTION MEMBERS:
We are open on Veteran’s Day.
We will be open limited hours during Thanksgiving and Christmas Eve.
We are closed on Christmas.

OPEN GYM IS CANCELLED 11/20 for a special event.

Updated 10/4/2016