



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Sequim

Open Gymnasium Schedule

The light gray areas indicate when the gym is occupied with classes or other programming.
For Group Exercise class schedule and/or for Pickleball schedule, please see our website at www.olympicpeninsulaymca.org/schedules and search under "Group Exercise Schedules" or use the QR code provided.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	OPEN GYM 5 AM - 6 AM					
6:00 AM						
7:00 AM						OPEN GYM 7-8:45 AM
8:00 AM						
9:00 AM						
10:00 AM						
11:00 AM						
NOON	OPEN GYM 12:15 PM - 12:55 PM					OPEN GYM 11:45-5:00 PM
1:00 PM						
2:00 PM						
3:00 PM						
4:00 PM						
5:00 PM						
6:00 PM						
7:00 PM						OPEN GYM 6:45-9:00 PM
8:00 PM						
9:00 PM						