



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.

Starting Thursday, January 2nd, 2025.

For Group Exercise class 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 | | | | | | | | | |
| 8:00 AM | | | | | | | | | |
| 9:00 AM | | | | | | | | | |
| 10:00 AM | | | | | | | | | |
| 11:00 AM | | | | | | | | | |
| NOON | | | | | | | OPEN GYM 12:15 PM - 12:55 PM | | |
| 1:00 PM | | | | | | | | | |
| 2:00 PM | | | | | | | | | |
| 3:00 PM | | | | | | OPEN GYM 4:15-5:15 PM | | OPEN GYM 2:45-8:00 PM | |
| 4:00 PM | | | | | | | | | |
| 5:00 PM | | | | | | | | | |
| 6:00 PM | | | | | | | | | |
| 7:00 PM | OPEN GYM 6:45-9:00 PM | OPEN GYM 6:45-9:00 PM | DROP-IN VOLLEYBALL 6:45-9:00 PM | OPEN GYM 6:45-9:00 PM | | | | | |
| 8:00 PM | OPEN GYM 6:45-9:00 PM | OPEN GYM 6:45-9:00 PM | DROP-IN VOLLEYBALL 6:45-9:00 PM | OPEN GYM 6:45-9:00 PM | | | | | |
| 9:00 PM | | | | | | | | | |
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