



West Seattle & Fauntleroy YMCA | April 7th - April 13th

All times are subject to change. Visit seattlemca.org/schedules for current activities and times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yoga - All Levels Fauntleroy Y Chapel	8:15 a.m.-9:00 a.m. (Mind Body)						
AOA Strength Fauntleroy Y Gymnasium					9:00 a.m.-9:55 a.m. (Strength)		
Above the Barre Fauntleroy Y Gymnasium					10:15 a.m.-11:10 a.m. (Mind Body)		