



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lakota Family YMCA Gym Schedule July 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30		Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	Camp Arrowhead	
8:00							
8:30		7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	7:00am - 9:30am	
9:00		Whole Gym	Whole Gym	Whole Gym	Whole Gym	Whole Gym	
9:30							
10:00							Boot Camp
10:30							10:00 - 11:00
11:00							East Gym
11:30							
12:00		Camp Arrowhead	Camp Arrowhead		Camp Arrowhead	Camp Arrowhead	
12:30		9:30am - 6:00pm	9:30am - 6:00pm		9:30am - 6:00pm	9:30am - 6:00pm	
1:00		West Gym	West Gym		West Gym	West Gym	
1:30							
2:00							
2:30		East gym open	East gym open		East gym open	East gym open	
3:00							
3:30							
4:00							
4:30				Camp Arrowhead			
5:00				West Gym			
5:30				4:00 - 6:00			
6:00							
6:30							
7:00			Family Open Gym				
7:30			6:00 - 7:30				
8:00							
8:30							
9:00							
9:30							
10:00							
Schedule is subject to change							
Direct questions regarding Gym availability to: Andrew Maynard at (513) 779-3917 or email Andrew.Maynard@Lakotaymca.com **No organized team activities during open gym times** Schedule is subject to change due to rentals not known at printing.							