



LAKOTA FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule
November 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							Little Dribblers
9:30							9:00am-11:00pm
10:00							East Gym
10:30			SOAS 10:00-10:45		Pickle Ball Open Play 10:00-2:00 East Gym		<i>Boot Camp</i> 10:00 - 11:00
11:00							<i>West Gym</i>
11:30							
12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00			Shock 5:00 - 9:00 West Gym	Shock 5:00 - 9:00 East Gym			
5:30							
6:00		ABBL 6:00 - 9:00	Family Open Gym 6:00-7:30 East Gym	Tiny Tots 5:50pm- 8:00pm West Gym	Shock 5:00 - 9:00 West Gym	Shock 5:00 - 9:00 West Gym	
6:30							
7:00							
7:30							
8:00		Gym Closed					
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 <i>Open Gym in evenings: No organized activities during open time.</i>							

