



LAKOTA FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule
November 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10:00							
10:30			SOAS 10:00-10:45		Pickle Ball Open Play 10:00-2:00 East Gym		Y Dribblers 9:30am-10:30pm East Gym Boot Camp 10:00 - 11:00 West Gym
11:00							
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 West Gym		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: Joe Ayers at (513) 779-3917 or email Joe.Ayers@Lakotaymca.com Open Gym in evenings: No organized activities during open time.							

