



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMCA

Gym Schedule
October 2018

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30							
6:00							
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
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11:00							
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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 West Gym	Shock 5:00 - 8:00 West Gym				
5:30							
6:00			Family Open Gym 6:00-7:30 East Gym				
6:30		ABBL 6:15 - 9:00					
7:00				Shock 7:00 - 9:30 West Gym			
7:30							
8:00		Gym Closed					
8:30							
9:00							
9:30							
10:00							

October Notes:
 ABBL starts October 8th
 During Family Open Gym Times full court play will not be permitted on that side of the gymnasium.
Tuesday- 6:00-7:30pm

SOAS
 10:00-10:45

Pickle Ball Open Play
 10:00-2:00
East Gym

Boot Camp West Gym

Schedule is subject to change

Direct questions regarding Gym availability to: Andrew Maynard at (513) 779-3917 or email Andrew.Maynard@Lakotaymca.com
Open Gym in evenings: No organized activities during open time.

