



LAKOTA FAMILY YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Gym Schedule
March 2019

	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							Y Dribblers
10:00							9:30am-10:30pm
10:30			SOAS 10:00-10:45		Pickle Ball		East Gym
11:00					Open Play		3/2/2019
11:30					10:00-2:00		ONLY
12:00					East Gym		Boot Camp
12:30							10:00a - 11:00a
1:00							
1:30							
2:00							
2:30							
3:00							
3:30							
4:00							
4:30							
5:00				Shock			
5:30				7:30 - 9:00			
6:00				East Gym			
6:30		ABBL					
7:00		6:00 - 9:00	Family				
7:30			Open Gym				
8:00		Gym Closed	6:00-7:30				
8:30			East Gym				
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.							

