

Gym Schedule

(2/01/12-2/29/12)*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30		East/West	East/West	East/West	East/West	East/West		
6:00		OPEN	OPEN	OPEN	OPEN	OPEN		
6:30		5:30a-9:30a	5:30a-10:00a	5:30a-9:30a	5:30a-11:00a	5:30a-9:30a		
7:00								
7:30								
8:00								
8:30								
9:00								Little Dribblers
9:30		Body Sculpt	Sports of all Sorts 10:00 - 10:45 West Gym	Body Sculpt	Boot Camp 10:30 - 11:15 East Gym	Body Sculpt		9:00 - 11:00
10:00		9:30 - 10:30a		9:30 - 10:30a		9:30 - 10:30a		9:00 - 10:00
10:30		East Gym		East Gym		East Gym		East Gym
11:00								10:00 -11:00
11:30						FULL GYM		
12:00	East/West OPEN 12p - 5:45p					Boot Camp		
12:30						11:00 - 11:45		
1:00						West Gym		
1:30				Sports of all		Y - Winners		
2:00				Sorts		Games		
2:30				1:30 - 2:15pm		12:00 - 2:00		
3:00				West Gym		East Gym		
3:30								
4:00								
4:30								
5:00			Hawks B-ball	Hawks B-ball				
5:30			West Gym	West Gym		Hawks/West Gym		
6:00		5:00 - 6:15	5:00 - 6:15 HG	5:00 - 6:15 HG	Y-Winners/Miller	5:00 - 6:00		
6:30		Men's B-Ball	Hawks B-ball	Tiny Tot	West Gym	Hawks/ West		
7:00		6:30 - 8:30	6:15 - 7:45	Basketball	6:00 - 7:00	6:00 - 7:00		
7:30		FULL GYM	FULL GYM	Half Gym	Y-Winners	Y-Winners		
8:00				6:00 - 8:00	Kenerly/Tom	3 teams		
8:30		Rental	Men's	Jr High	7:-8 Full Gym	7-8 Full Gym		
9:00		8:30 - 9:30	Open	Siemer	Jr High B-ball/West	Jr High/West		
9:30		West Gym	East Gym	West Gym	Casey	Bannon		
10:00			8:00 - 10:00	8:15 - 9:45	8:30 - 9:30	8:00 - 9:00		

****Schedule is subject to change**

*** NOTE:** Basketball season is very busy so please contact us at 779-3917 for open gym availability.
Please direct all questions and concerns to Joe.Ayers@lakotaymca.com

