



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAKOTA FAMILY YMC

Gym Schedules
January 201

	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			10:00-10:45		Pickle Ball Open Play 10:00-2:00 East Gym		<i>Boot Camp</i> 10:00 - 11:00 <i>West Gym</i>
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	Shock	Shock	Shock			
5:30	West Gym	West Gym	5:00 - 9:00 West Gym	5:00 - 9:00 East Gym			
6:00					Shock	Shock	
6:30		ABBL	Family	Tiny Tots	5:00 - 9:00	5:00 - 9:00	
7:00		6:00 - 9:00	Open Gym	5:50pm- 8:00pm	West Gym	West Gym	
7:30			6:00-7:30	West Gym			
8:00		Gym Closed	East Gym				
8:30							
9:00							
9:30							
10:00							
Schedule is subject to change							

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

Abblers
10:30pm
West Gym

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.



LAKOTA FAMILY YMCA

the Cincy Shock Home Schedule January

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Saturday 1/05/19

Half Gym Closed 11:25am-1:45pm

Full Gym Closed 1:45pm-8:00pm

Saturday 1/12/19

Half Gym Closed 11:25am-1:45pm

Full Gym Closed 1:45pm-8:00pm

Saturday 1/19/19

Half Gym Closed 11:25am-12:45pm

Full Gym Closed 12:45pm-8:00pm

Saturday 1/26/19

Half Gym Closed 11:25am-2:45pm

Full Gym Closed 2:45pm - 8:00pm

