



# M.E. Lyons YMCA Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>*Adult Basketball</b> 5:30-7:30 AM	<b>*Adult Basketball</b> 5:30-7:30 AM	<b>*Adult Basketball</b> 5:30-7:30 AM	<b>*Adult Basketball</b> 5:30-7:30 AM	<b>*Adult Basketball</b> 5:30-7:30 AM	<b>*Adult Basketball</b> 6:00-8:00 AM	<b>Schedule effective May 24-August 16</b> *Subject to change  YMCA CLOSED
<b>*Open Gym</b> 7:30-9:30 AM	<b>*Open Gym</b> 7:30-9:30 AM	<b>*Open Gym</b> 7:30-9:30 AM	<b>*Open Gym</b> 7:30-9:30 AM	<b>*Open Gym</b> 7:30-9:30 AM	<b>Open Gym</b> 8:00-12:00 PM	
<b>ZUMBA</b> 9:30-10:30 AM	<b>Body Sculpting</b> 9:30-10:30 AM	<b>ZUMBA</b> 9:30-10:30 AM	<b>Body Sculpting</b> 9:30-10:30 AM	<b>Pump &amp; Jump</b> 9:30-10:30 AM		
<b>Open Gym</b> 10:30-12:00 PM	<b>Open Gym</b> 10:30-12:00 PM	<b>Open Gym</b> 10:30-12:00 PM	<b>Open Gym</b> 10:30-12:00 PM	<b>Open Gym</b> 10:30-12:00 PM		
<b>Adult Basketball</b> 12:00-2:00 PM	<b>Adult Basketball</b> 12:00-2:00 PM	<b>Adult Basketball</b> 12:00-2:00 PM	<b>Adult Basketball</b> 12:00-2:00 PM	<b>Adult Basketball</b> 12:00-2:00 PM	<b>Adult Basketball</b> 12:00-2:00 PM	<b>Adult Basketball</b> 12:00-2:00 PM
<b>Open Gym</b> 2:00-4:00 PM	<b>Open Gym</b> 2:00-4:00 PM	<b>Open Gym</b> 2:00-4:00 PM	<b>Open Gym</b> 2:00-4:00 PM	<b>Open Gym</b> 2:00-4:00 PM	<b>Open Gym</b> 2:00-6:00 PM	<b>Open Gym</b> 2:00-4:00 PM
<b>*Open Gym</b> 4:00-6:00 PM	<b>*Open Gym</b> 4:00-6:00 PM	<b>*Open Gym</b> 4:00-6:00 PM	<b>*Open Gym</b> 4:00-6:00 PM	<b>*Open Gym</b> 4:00-6:00 PM		<b>Men's League</b> 4:00-9:00 PM
<b>Open Gym</b> 6:00-8:00 PM	<b>Open Gym</b> 6:00-10:00 PM	<b>Open Gym</b> 6:00-8:00 PM	<b>Gymnastics</b> 6:00-8:00 PM	<b>Open Gym</b> 6:00-10:00 PM	*Gym may be occupied by Pre or Post Camp during these times.	YMCA CLOSED
<b>Adult Basketball</b> 8:00-10:00 PM		<b>Adult Basketball</b> 8:00-10:00 PM	<b>Adult Volleyball</b> 8:00-10:00 PM			