



# 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 Mar. 1 - 31</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>ZUMBA</b> 9:30-10:30 AM	<b>Pump &amp; Jump</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>Sports of All Sorts</b> 11:00-12:00 PM	<b>Open Gym</b> 10:30-12:00 PM	<b>Youth BB till 3/13</b> 10:30-12:00 PM	
<b>Adult Basketball</b> 12:00-2:00 PM	<b>Open Gym</b> 10:30-12:00 PM	<b>Adult Basketball</b> 12:00-2:00 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>Open Gym</b> 2:00-8:00 PM	<b>Sports of All Sorts</b> 1:00-2:00 PM	<b>Open Gym</b> 2:00-8:00 PM	<b>Open Gym</b> 2:00-6:30 PM	<b>Open Gym</b> 2:00-10:00 PM	<b>Indoor Soccer</b> 2:00-8:00 PM	<b>Open Gym</b> 2:00-4:00 PM
	<b>Open Gym</b> 2:00-6:30 PM					<b>Men's League</b> 4:00-9:00 PM
	<b>ZUMBA</b> 6:30 - 7:30 PM					<b>ZUMBA</b> 6:30 - 7:30 PM
<b>Adult Basketball</b> 8:00-10:00 PM	<b>Open Gym</b> 7:30-10:00 PM	<b>Adult Basketball</b> 8:00-10:00 PM	<b>Open Adult Volleyball</b> 8:00-10:00 PM	<b>Open 8:00-9:00 PM</b>  *Gym may be used for family nights.		