



M.E. Lyons YMCA Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
*Adult Basketball 5:30-7:30 AM	*Adult Basketball 5:30-7:30 AM	*Adult Basketball 5:30-7:30 AM	*Adult Basketball 5:30-7:30 AM	*Adult Basketball 5:30-7:30 AM	*Adult Basketball 6:00-8:00 AM	Schedule effective June 1 - August 21 *Subject to change YMCA CLOSED
*Open Gym 7:30-9:30 AM	*Open Gym 7:30-9:30 AM	*Open Gym 7:30-9:30 AM	*Open Gym 7:30-9:30 AM	*Open Gym 7:30-9:30 AM	Open Gym 8:00-12:00 PM	
ZUMBA 9:30-10:30 AM	Pump & Jump 9:30-10:30 AM	ZUMBA 9:30-10:30 AM	Pump & Jump 9:30-10:30 AM	Body Sculpting 9:30-10:30 AM		
Open Gym 10:30-12:00 PM	Open Gym 10:30-1:00 PM	Open Gym 10:30-12:00 PM	Sports of All Sorts 11:00-12:00 PM	Open Gym 10:30-12:00 PM		
Adult Basketball 12:00-2:00 PM	Sports of All Sorts 1:00-2:00 PM	Adult Basketball 12:00-2:00 PM	Adult Basketball 12:00-2:00 PM	Adult Basketball 12:00-2:00 PM	Adult Basketball 12:00-2:00 PM	Adult Basketball 12:00-2:00 PM
Open Gym 2:00-4:00 PM	Open Gym 2:00-4:00 PM	Open Gym 2:00-4:00 PM	Open Gym 2:00-4:00 PM	Open Gym 2:00-4:00 PM	Open Gym 2:00-6:00 PM	Open Gym 2:00-4:00 PM
*Open Gym 4:00-6:00 PM	*Open Gym 4:00-6:00 PM	*Open Gym 4:00-6:00 PM	*Open Gym 4:00-6:00 PM	*Open Gym 4:00-6:00 PM		Men's League 4:00-9:00 PM
Open Gym 6:00-8:00 PM	Open Gym 6:00-10:00 PM	Open Gym 6:00-8:00 PM	Open Gym 6:00-8:00 PM	Open Gym 6:00-10:00 PM	*Gym may be occupied by Pre or Post Camp during these times.	YMCA CLOSED Updated 7/1/09
Adult Basketball 8:00-10:00 PM		Adult Basketball 8:00-10:00 PM	Adult Volleyball 8:00-10:00 PM			