



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 Feb. 1-28 *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		
ZUMBA 9:30-10:30 AM	Pump & Jump 9:30-10:30 AM	ZUMBA 9:30-10:30 AM	Body Sculpting 9:30-10:30 AM	Pump & Jump 9:30-10:30 AM		
Open Gym 10:30-12:00 PM	Open Gym 10:30-12:00 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	Adult Basketball 12:00-1:00 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 2:00-8:00 PM	Sports of All Sorts 1:00-2:00 PM	Open Gym 2:00-8:00 PM	Open Gym 2:00-6:30 PM	Open Gym 2:00-10:00 PM	*Open Gym 2:00-9:00 PM	Open Gym 2:00-4:00 PM
	Open Gym 2:00-6:30 PM					Men's League 4:00-9:00 PM
	ZUMBA 6:30 - 7:30 PM					ZUMBA 6:30 - 7:30 PM
Adult Basketball 8:00-10:00 PM	Open Gym 7:30-10:00 PM	Adult Basketball 8:00-10:00 PM	Open Adult Volleyball 8:00-10:00 PM		*Gym may be used for family nights.	