

ME LYONS YMCA GYM SCHEDULE

April 2022



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Yoga 5:15am-6:15am	Adult Pick-Up Basketball 6:00-8:00am	Open Gym 5:00-8:15am	Open Gym 5:00-9:30am	Yoga 5:15am-6:15am	Adult Pick-Up Basketball 7:00-9:00am
	Open Gym 6:15-8:15am	Open Gym 8:00-9:30am	SilverSneaker Classic 8:30-9:30am	Bootcamp 9:30-10:30am	Open Gym 6:15-8:15am	Open Gym 9:00am-6:00pm
	SilverSneaker Classic 8:30-9:30am	Bootcamp 9:30-10:30am	Open Gym 9:30am-1:30pm	AOA Dance Fitness 11:00am-12:00pm	SilverSneaker Classic 8:30-9:30am	
	Yoga 9:35am-10:35am	AOA Dance Fitness 11:00am-12:00pm	PickleBall: Beginner -12:30p Novice -1:30p, Experienced - 2:30-3:30p,	PickleBall: Beginner -12:00pm Novice/ Experienced- 1:00p-3:30pm	Yoga 9:35am-10:35am	
Adult Pick-Up Basketball 12:00-2:00pm	Open Gym 10:45am-12:30pm	PickleBall: Beginner-12:00pm Novice/ Experienced- 1:00p-3:30pm	Open Gym 3:30-8:00pm	Open Gym 3:30-9:00pm	Open Gym 10:45am-12:30pm	
PickleBall: Novice -2:00pm Experienced- 3-4:00pm	PickleBall: Beginner -12:30p Novice -1:30pm Experienced - 2:30-3:30pm	Open Gym 3:30-6:00pm	Adult Pick-Up Basketball 8:00-9:00pm		PickleBall: Beginner -12:30p Novice -1:30pm Experienced - 2:30-3:30pm	
Open Gym 4:00-5:00pm	Open Gym 3:30-8:00pm	PickleBall League 6:00-8:00pm			Open Gym 3:30-8:00pm	
	Adult Pick-Up Basketball 8:00-9:00pm	Open Gym 8:00-9:00pm				

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