



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GYMNASIUM SCHEDULE

JANUARY 2012

LAWTON FAMILY YMCA

Schedule is subject to change without notice.

The gymnasium is closed to all other activities except use of the run/walking track during regularly scheduled activities. Run/Walk Track is open whenever the Y is open.

 [Grey Box] = Gym Closed

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-9:30am OPEN GYM	5:30-9:30am OPEN GYM	5:30-9:30am OPEN GYM	5:30-9:30am OPEN GYM	5:30-9:30am OPEN GYM	7:00-8:00am OPEN GYM
	9:30-10:30am PULL-UP A CHAIR	9:30-10:30am EASY DOES IT	9:30-10:30am PULL-UP A CHAIR	9:30-10:30am EASY DOES IT		
		10:30-11:30am MSROM	11:00am-1:30pm OPEN GYM	10:30-11:30am CARDIO-FIT	11:00am-1:30pm OPEN GYM	9:00am-5:00pm MIGHTY MITES BASKETBALL GAMES
11:00am-5:00pm OPEN GYM	11:00-5:30pm OPEN GYM	11:30am-2:30pm ADULT BASKETBALL	1:30-2:30pm 6th HOUR PE	11:30am-2:30pm ADULT BASKETBALL	1:30-2:30pm 6th HOUR PE	
		2:30-5:15pm OPEN GYM	2:30-5:30pm OPEN GYM	2:30-5:15pm OPEN GYM	2:30-5:30pm OPEN GYM	
	5:30-8:30pm MIGHTY MITES BBALL	5:15-6:15pm MIGHTY MITES BBALL	5:30-6:30pm ZUMBA	5:15-6:15pm MIGHTY MITES BBALL	5:30-8:30pm MIGHTY MITES BBALL	5:30-8:00pm OPEN GYM
		6:30-9:30pm KARATE	6:45-8:45pm MIGHTY MITES BBALL	6:30-9:30pm KARATE		
	8:30-10:00pm OPEN GYM		8:45-10:00pm OPEN GYM		8:30-10:00pm OPEN GYM	
		9:30-10:00pm OPEN GYM		9:30-10:00pm OPEN GYM		

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