



# LOWE'S YMCA GYMNASIUM SCHEDULE



# JANUARY 2020

TIMES	MONDAYS		TUESDAYS		WEDNESDAYS		THURSDAYS		FRIDAYS		TIMES	NOTES:								
	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2	Court 1	Court 2										
5AM											5AM	<p><b>This schedule may be altered to accommodate program needs at any time.</b></p> <p><b>Gym Reserved Monday December 2nd– Friday February 14th due to youth basketball league practices and games.</b></p> <p><b>Gym Reserved Saturdays January 4th– February 8th 8:30am– 3:00pm</b></p>								
6AM	Adult Morning Basketball	Adult Morning Basketball	Open Gym	Open Gym— Shooting Only	Adult Morning Basketball	Adult Morning Basketball	Open Gym	Open Gym— Shooting Only	Adult Morning Basketball	Adult Morning Basketball	6AM									
7AM													7AM							
8AM	Open Gym— Shooting Only	Open Gym— Shooting Only			TRX 7:15 a.m.– 8:15 a.m.	Open Gym— Shooting Only				TRX 7:15 a.m.– 8:15 a.m.	Open Gym— Shooting Only			8AM						
9AM	Functional Training	TRX 8:30 a.m.– 9:30 a.m.	Functional Training	Youth Programming	Functional Training	TRX 8:30 a.m.– 9:30 a.m.	Functional Training	Youth Programming	Functional Training	TRX 8:30 a.m.– 9:30 a.m.	9AM									
10AM	9:15 a.m.– 10:45 a.m.	Youth Programming	9:15 a.m.– 10:45 a.m.			9:15 a.m.– 10:45 a.m.			9:15 a.m.– 10:45 a.m.		9:15 a.m.– 10:45 a.m.			10AM						
11AM	Open Gym				Open Gym		Open Gym		Youth Programming	Open Gym			Open Gym	Youth Programming	11AM					
12PM	Functional Training 11:45 a.m.– 1:15 p.m.	Open Gym— Shooting Only	Functional Training 11:45 a.m.– 1:15 p.m.		Functional Training 11:45 a.m.– 1:15 p.m.		Functional Training 11:45 a.m.– 1:15 p.m.		Functional Training 11:45 a.m.– 1:15 p.m.		12PM									
1PM	Open Gym			Open Gym	Open Gym	Open Gym	Open Gym— Shooting Only	Open Gym	Open Gym	Open Gym	Open Gym— Shooting Only		1PM							
2PM																				
3PM																				
4PM		Open Gym									4PM									
5PM											5PM									
6PM	Functional Training 5:30 p.m.– 6:30 p.m.	Basketball League Practices	Functional Training 5:30 p.m.– 6:30 p.m.	Basketball League Practices	Functional Training 5:30 p.m.– 6:30 p.m.	Basketball League Practices	Functional Training 5:30 p.m.– 6:30 p.m.	Basketball League Practices	Basketball League Games	Basketball League Games	6PM									
7PM	Basketball League Practices													7PM						
8PM					Basketball League Practices				Basketball League Practices		Basketball League Practices				8PM					
9PM									<b>YMCA CLOSED</b>		9PM									