LOWE'S YMCA GYMNASIUM SCHEDULE ➤ FEBRUARY 2020

TIMES	MONDAYS Court 1	MONDAYS Court 2	TUESDAYS Court 1	TUESDAYS Court 2	WEDNESDAYS Court 1	WEDNESDAYS Court 2	THURSDAYS Court 1	THURSDAYS Court 2	FRIDAYS Court 1	FRIDAYS Court 2	TIMES
5AM	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	5AM
6AM											6AM
7AM	TRX 7:15 a.m.–8:15 a.m.	Open Gym—Shooting Only	TRX 7:15 a.m.–8:15 a.m.	Youth Programming	TRX 7:15 a.m.–8:15 a.m.	Youth Programming	TRX 7:15 a.m.–8:15 a.m.	Youth Programming	TRX 7:15 a.m.–8:15 a.m.	TRX 8:30 a.m.–9:30 a.m.	7AM
8AM											8AM
9AM	Functional Training 9:15 a.m.–10:45 a.m.		Functional Training 9:15 a.m.–10:45 a.m.		Functional Training 9:15 a.m.–10:45 a.m.		Functional Training 9:15 a.m.–10:45 a.m.		Functional Training 9:15 a.m.–10:45 a.m.	Youth Programming	9AM
10AM		Youth Programming									10AM
11AM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		11AM
12PM	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.		Functional Training 11:45 a.m.–1:15 p.m.		12PM
1PM	Open Gym	Open Gym—Shooting Only	Open Gym	Open Gym	Open Gym	Open Gym—Shooting / Open Gym—Shooting Only	Open Gym	Open Gym	Open Gym	Open Gym—Shooting Only	1PM
2PM											2PM
3PM											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		Basketball League Practices		Basketball League Practices		Basketball League Practices				7PM
8PM									YMCA CLOSED		8PM
9PM											9PM