



JANUARY 2018

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—3:00PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—4:00PM Open Gym	5:15AM—5:45AM* Battle Ropes *Gym closed	5:00AM—4:00PM Open Gym	8:00AM—2:00PM Youth Basketball*	1:00AM—3:00PM Open Gym
3:00PM—4:45PM Teens/Tweens	9:00AM—9:30AM* Battle Ropes	4:00PM—6:30PM Teens/Tweens	5:00AM—6:00AM	4:00PM—5:00PM Teens/Tweens	*Starts Jan 20th Open Gym until then	3:00PM—5:00PM Youth Basketball
5:00PM—5:30PM Battle Ropes *Gym closed	9:30AM—10:00AM Abs & Stretching *Gym closed	6:30PM—9:00PM 18+ Basketball	6:00AM—8:45AM Open Gym	5:00PM—7:30PM Youth Basketball	2:00PM—4:00PM Open Gym	
4:45PM—5:45PM	8:45AM—10:15AM		9:00AM—9:30AM** Battle Ropes			
5:45PM—7:30PM 35+ Basketball	10:15AM—4:00PM Open Gym		9:30AM—10:00AM Abs & Stretching **Gym closed			
7:30PM—9:00PM 18+ Basketball	4:00PM—5:15PM Teens/Tweens		8:45AM—10:15AM			
	5:30PM—6:00PM** Battle Ropes **Gym closed		10:15AM—4:00PM Open Gym			
	5:15PM—6:15PM		4:00PM—5:15PM Teens/Tweens			
	6:15PM—9:00PM Youth Basketball		5:30PM—6:00PM*** Battle Ropes ***Gym closed			
			5:15PM—6:15PM			
			6:15PM—9:00PM Youth Basketball			

OPEN GYM: Gymnasium available to all.

TEENS/TWEENS: Gymnasium open to ages 6-18 and parents.

18+ BASKETBALL: Gymnasium for 18+

35+ BASKETBALL: Gymnasium for 35+

BATTLE ROPES: High Intensity Interval Training class utilizing battle ropes, body weight exercises and cardio moves.

ABS AND STRETCHING: 20 minutes of floor abdominal work.

SCHEDULED CLOSURES

Gym availability and schedule is subject to change. Please call the front desk at 276-979-0280 to check for any gym closures on any day in question.

GYMNASIUM SCHEDULE

Mon-Thurs	5:00AM—9:00PM
Friday	5:00AM—7:30PM
Saturday	8:00AM—4:00PM
Sunday	1:00PM—5:00PM