



JANUARY 2019

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—3:00PM Open Gym	5:15AM—5:45AM* Battle Ropes *Gym closed	5:00AM—4:00PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—4:00PM Open Gym	8:00AM—2:00PM Youth Basketball Games*	1:00AM—4:00PM Open Gym
3:00PM—4:45PM Teens/Tweens	5:00AM—6:00AM	4:00PM—6:00PM Teens/Tweens	9:00AM—9:45AM* Battle Ropes & Abs	4:00PM—5:00PM Teens/Tweens	2:00PM—4:00PM Open Gym	4:00PM—5:00PM Youth Basketball
5:00PM—5:30PM* Battle Ropes *Gym closed	6:00AM—8:45AM Open Gym	6:00PM—9:00PM* ADULT 18+ BASKETBALL	**Gym closed 8:45—10:00AM	5:00PM—7:30PM Youth Basketball		
4:45PM—5:45PM	9:00AM—9:45AM* Battle Ropes & Abs		10:00AM—4:00PM Open Gym			
6:00PM—9:00PM* ADULT 18+ BASKETBALL	*Gym closed 8:45PM—10:00AM		4:00PM—5:15PM Teens/Tweens			
	10:00AM—4:00PM Open Gym		5:30M—6:00PM*** Battle Ropes ***Gym closed			
	4:00PM—5:15PM Teens/Tweens		5:15PM—6:15PM			
	5:30PM—6:00PM** Battle Ropes **Gym closed		6:15PM—9:00PM Youth Basketball			
	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.

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.

Saturday Youth Basketball Games begin Jan 19th

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