



MAY GYM SCHEDULE

MONDAY		
	Side A	Side B
5:00AM – 3:00PM	OPEN GYM	
3:00PM – 4:45PM	Tweens (6-11)	Teens (12-18)
4:45PM – 5:45PM	BATTLE ROPES CLASS	
5:45PM – 6:00PM	OPEN GYM	
6:00PM – 7:30PM	35+ MEN'S BASKETBALL	
7:30PM – 9:00PM	MEN'S BASKETBALL	
TUESDAY		
5:00AM – 4:00PM	OPEN GYM	
4:00PM – 5:15PM	Tweens (6-11)	Teens (12-18)
5:15PM – 6:15PM	BATTLE ROPES CLASS	
6:15PM – 9:00PM	OPEN GYM	
WEDNESDAY		
5:00AM – 4:00PM	OPEN GYM	
4:00PM – 6:30PM	Tweens (6-11)	Teens (12-18)
6:30PM – 9:00PM	MEN'S BASKETBALL	
THURSDAY		
5:00AM – 6:00AM	BATTLE ROPES CLASS	
6:00AM – 8:45AM	OPEN GYM	
8:45AM – 9:30AM	BATTLE ROPES CLASS	
9:30AM – 10:00AM	ABS AND STRETCHING	
10:00AM – 4:00PM	OPEN GYM	
4:00PM – 5:15PM	Tweens (6-11)	Teens (12-18)
5:15PM – 6:15PM	BATTLE ROPES CLASS	
6:15PM – 9:00PM	OPEN GYM	
FRIDAY		
5:00AM – 4:00PM	OPEN GYM	
4:00PM – 6:00PM	Tweens (6-11)	Teens (12-18)
6:00PM – 7:30PM	OPEN GYM	
SATURDAY		
8:00AM – 4:00PM	OPEN GYM	
SUNDAY		
1:00PM – 3:00PM	OPEN GYM	
3:00PM – 4:55PM	MEN'S BASKETBALL	

Tweens must be checked into Child Watch. Parents are responsible for Tweens after Child Watch hours have ended. No Food or Drinks allowed in the Gym.

GYM CLOSED
 May 2, 8:30AM – 12:00PM
 May 4, 11:30AM – 3:00PM
 For Tazewell High School Wellness Outing

BATTLE ROPES CLASS
 MONDAY—5:00PM - 5:30PM
 TUESDAY— 5:30PM - 6:00PM
 THURSDAY—5:15AM - 5:45AM
 9:00AM - 9:30AM
 5:30 PM - 6:00PM

MEN'S 35+ LEAGUE
 MONDAY— 6:00PM - 7:30PM

MEN'S BASKETBALL
 MONDAYS
 7:30PM - 9:00PM
 WEDNESDAYS
 6:30PM - 9:00PM
 SUNDAYS
 3:00PM-4:55PM