



NOVEMBER 2018

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	1:00PM—5:00PM Open Gym
3:00PM—4:45PM Teens/Tweens	5:00AM—6:00AM	4:00PM—6:00PM Teens/Tweens	9:00AM—9:45AM** Battle Ropes **Gym closed	4:00PM—5:00PM Teens/Tweens		
5:00PM—5:30PM Battle Ropes *Gym closed	6:00AM—8:45AM Open Gym	6:00PM—9:00PM 18+ Basketball	8:45AM—10:00AM	5:00PM—7:30PM Youth Basketball	2:00PM—4:00PM Open Gym	
4:45PM—5:45PM	9:00AM—9:45AM* Battle Ropes *Gym closed		10:00AM—4:00PM Open Gym			
6:00PM—7:30PM 35+ Basketball	8:45AM—10:00AM		4:00PM—5:15PM Teens/Tweens			
7:30PM—9:00PM 18+ Basketball	10:00AM—4:00PM Open Gym		5:30PM—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.

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.

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