



# MARCH 2020

## GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—4:45PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—6:00PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—5:00PM Open Gym	8:00AM—1:30PM Youth Basketball Games	1:00PM—3:00PM Open Gym
5:00PM—5:30PM Battle Ropes	9:00AM—9:45AM Battle Ropes & ABS	6:00PM—8:30PM 16+ Adult Basketball	9:00AM—9:45AM Battle Ropes & ABS	5:00PM—7:00PM Youth Basketball	1:30 PM —4:00PM Open Gym	3:00PM—5:00PM Youth Basketball
*Gym Closed 4:45PM—5:45PM	*Gym Closed 8:45AM—10:0AM	8:30PM—9:00PM Open Gym	*Gym Closed 8:45AM—10:00AM	7:00PM—7:30PM Open Gym		
6:00PM—8:30PM 16+Adult Basketball	10:00AM—4:45PM Open Gym		10:00AM—4:45PM Open Gym			
8:30PM—9:00PM Open Gym	5:00PM—5:30PM** Battle Ropes		5:00PM—5:30PM*** Battle Ropes			
	*Gym closed 4:45PM—5:45PM		*Gym closed 4:45PM—5:45PM			
	6:00PM—8:00PM Youth Basketball		6:00PM—8:00PM Youth Basketball			
	8:00PM— 9:00PM Open Gym		8:00PM—9:00PM Open Gym			

**OPEN GYM:** Gymnasium available to all.

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

**16+ BASKETBALL:** Gymnasium for 16+

**ABS:** 15 minutes of floor abdominal work.

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

**Youth Basketball Practice**  
 Tuesday & Thursday 6:00PM—8:00PM  
 Friday 5:00PM—7:00PM  
 Sunday 3:00PM—5:00PM  
**Youth Basketball ENDS BY:**  
**SATURDAY MARCH 14TH**

### 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