



AUGUST 2022

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—4:50PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—4:00PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—3:00PM Open Gym	8:00AM—1:50PM	1:00PM—4:50PM Open Gym
	9:00AM—9:45AM* HIIT Battle Ropes *Gym closed		9:00AM—9:45AM* HIIT Battle Ropes *Gym closed	<u>AUGUST 12th GYM WILL CLOSE AT 3:00PM</u>	**CLOSED August 13th	
	8:45AM—10:00AM		8:45AM—10:00AM			
	10:00AM—7:50PM Open Gym		10:00AM—4:50PM Open Gym			
5:00PM—5:30PM* HIIT Battle Ropes *Gym closed			5:00PM—5:30PM* HIIT Battle Ropes ***Gym closed			
4:50PM—5:40PM			4:50PM—5:40PM			
6:00PM—7:50PM 16+ PickUp Basketball		4:00PM—7:50PM 16+ PickUp Basketball	5:40PM—7:50PM Open Gym			

PLEASE NOTE:

THE GYMNASIUM CLOSSES 10 MINS PRIOR TO FACILITY CLOSURE.

OPEN GYM: Gymnasium available to all.

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

The Gym will be closed August 13th due to Push/Pull competition.

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—7:50PM
Friday	5:00AM—6:50PM
Saturday	8:00AM—1:50PM
Sunday	1:00PM—4:50PM