



FEBRUARY 2023

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—4:50PM Open Gym	CLOSED FOR BASKETBALL GAMES	1:00PM—4:50PM Open Gym
	9:00AM—9:45AM* Warrior Circuit Class *Gym is closed 8:50AM—10:00AM		9:00AM—9:45AM* Warrior Circuit Class *Gym is closed 8:50AM—10:00AM			
	10:00AM—11:30AM PICKLEBALL		10:00AM—11:30AM PICKLEBALL	5:00PM—6:50PM Youth Basketball Practice		
5:00PM—5:30PM* Warrior Circuit Class *Gym closed 4:50PM—5:40PM	11:30AM—3:50PM Open Gym	4:00PM—7:50PM 16+ PickUp Basketball	11:30AM—3:50PM Open Gym			
6:00PM—7:50PM 16+ PickUp Basketball	4:00PM—4:30PM HIIT Battle Ropes *Gym Closed 3:50PM—4:40PM		4:00PM—4:30PM HIIT Battle Ropes *Gym Closed 3:50PM—4:40PM			
	5:00PM—7:50PM Youth Basketball Practice		5:00PM—5:30PM* Warrior Circuit Class *Gym closed 4:50PM—5:40PM			
			5:50PM—7:50PM Youth Basketball Practice			

PLEASE NOTE:

THE GYMNASIUM CLOSSES 10 MINS PRIOR TO FACILITY CLOSURE.

OPEN GYM: Gymnasium available to all.

WARRIOR CIRCUIT CLASS (30 MINUTES) This class will consist of a number of different exercise stations being set up in the gym. The participants will start at one specific station and rotate through all exercises for set period of time.

YOUTH BASKETBALL: *Gym will be Closed for practice:*

TUESDAY: 5:00PM—7:50PM
THURSDAY: 5:50PM—7:50PM
FRIDAY: 5:00PM—6:50PM
SATURDAY: CLOSED

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