



NOVEMBER 2021

GYMNASIUM SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|------------------------------------|---|--|---------------------------|---------------------------|
| 5:00AM—4:50PM Open Gym | 5:00AM—8:50AM Open Gym | 5:00AM—6:00PM Open Gym | 5:00AM—8:50AM Open Gym | 5:00AM—5:00PM Open Gym | 8:00AM—3:50PM Open Gym | 1:00PM—4:50PM Open Gym |
| 5:00PM—5:30PM* HIIT Battle Ropes *Gym closed 4:50PM—5:40PM | 9:00AM—9:45AM* HIIT Battle Ropes *Gym closed 8:45AM—10:00AM | 6:00PM—7:50PM PickUp Basketball | 9:00AM—9:45AM* HIIT Battle Ropes *Gym closed 8:45AM—10:00AM | | | |
| 5:40PM—7:50PM PickUp Basketball | 10:00AM—4:50PM Open Gym | | 10:00AM—4:50PM Open Gym | Youth Basketball Practice* Gym Closed 5:00PM—6:50PM | | |
| | Youth Basketball Practice* Gym Closed 5:50PM—7:50PM | | 5:00PM—5:30PM* HIIT Battle Ropes ***Gym closed 4:50PM—5:40PM | | | |
| | | | Youth Basketball Practice* Gym Closed 5:50PM—7:50PM | | | |

PLEASE NOTE:

THE GYMNASIUM CLOSSES 10 MINS PRIOR TO FACILITY CLOSURE.

YOUTH BASKETBALL: Practices Tuesday, Thursday, & Friday

OPEN GYM: Gymnasium available to all.

HIIT 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

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|-----------|---------------|
| Mon—Thurs | 5:00AM—7:50PM |
| Friday | 5:00AM—6:50PM |
| Saturday | 8:00AM—3:50PM |
| Sunday | 1:00PM—4:50PM |