



JANUARY 2021

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—4:50PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—8:00PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—7:00PM Open Gym	8:00AM—2:00PM Open Gym	1:00PM—5:00PM Open Gym
5:00PM—5:30PM HIIT Battle Ropes *Gym closed 4:50PM—5:40PM	9:00AM—9:45AM* HIIT Battle Ropes *Gym closed 8:50AM—10:00AM		9:00AM—9:45AM* HIIT Battle Ropes *Gym closed 8:45AM—10:00AM			
5:40PM—8:00PM Open Gym	10:00AM—4:50PM Open Gym		10:00AM—4:50PM Open Gym			
	5:00PM—5:30PM* HIIT Battle Ropes *Gym closed 4:50PM—5:40PM		5:00PM—5:30PM* HIIT Battle Ropes ***Gym closed 4:50PM—5:40PM			
	5:40PM—8:00PM Open Gym		5:40PM—8:00PM Open Gym			

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

Mon-Thurs	5:00AM—8:00PM
Friday	5:00AM—7:00PM
Saturday	8:00AM—2:00PM
Sunday	1:00PM—5:00PM