



August 2020

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—4:50PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—9:00PM Open Gym	5:00AM—8:45AM Open Gym	5:00AM—7:00PM Open Gym	8:00AM—2:00PM Open Gym	1:00PM—5:00PM Open Gym
5:00PM—5:30PM Battle Ropes *Gym closed 4:50PM—5:40PM	9:00AM—9:45AM* Battle Ropes/ABS *Gym closed 8:50AM—10:00AM		9:00AM—9:45AM* Battle Ropes/ABS *Gym closed 8:50AM—10:00AM			
5:40PM— 9:00PM Open Gym	10:00AM—5:20PM Open Gym		10:00AM—5:20PM Open Gym			
	5:30PM—6:00PM** Battle Ropes **Gym closed 5:20PM—6:10PM		5:30PM—6:00PM*** Battle Ropes **Gym closed 5:20PM—6:10PM			
	6:10— 9:00PM Open Gym		6:10— 8:30PM 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.

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—7:00PM
Saturday	8:00AM—2:00PM
Sunday	1:00PM—5:00PM