



JUNE 2019

GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM-3PM Open Gym	5AM-8:45AM Open Gym	5AM-4PM Open Gym	5AM-8:45AM Open Gym	5AM-7:30PM Open Gym	8AM-4PM Open Gym	1PM-5PM Open Gym
3PM-4:45PM Teens/Tweens	9AM-9:45AM* Battle Ropes and Abs	4PM-5:30PM Teens/Tweens	9AM-9:45AM Battle Ropes and Abs			
5PM-5:30PM Battle Ropes	*Gym closed 8:45AM-10AM	5:30PM-6:30PM* RUMBLE	*Gym closed 8:45AM-10AM			
5:30PM-6:30PM RUMBLE	10AM-4PM Open Gym	*Gym closed 5:30PM-6:30PM	10AM-4PM Open Gym			
*Gym closed 4:45PM-6:30PM	4PM-4:45PM Teens/Tweens	6:30PM-9:00PM 16+ Basketball	4PM-4:45PM Teens/Tweens			
6:30PM-9:00PM 16+ Basketball	5PM-5:30PM** Battle Ropes		5PM-5:30PM** Battle Ropes			
	*Gym closed 4:45PM-5:45PM		*Gym closed 4:45PM-5:45PM			
	5:45PM-9PM Open Gym		5:45PM-9PM Open Gym			

OPEN GYM: Gymnasium available to all.

TEENS/TWEENS: Gymnasium open to ages 6-18 and parents.

16+ BASKETBALL: Gymnasium for 16+

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

ABS: 15 minutes of floor abdominal work.

RUMBLE by R.I.P.P.E.D: An authentic, cardio mixed martial arts for the group exercise environment. You will use the RUMBLE Stick as an extension of your body, which enhances spatial awareness and overall movement.

June 17th-19th 10AM-12PM

Bluefield Basketball Camp will be using the Gymnasium

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-7:30PM
Saturday	8:00AM-4:00PM
Sunday	1:00PM-5:00PM