



JUNE 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—6:50PM Open Gym	8:00AM-1:50PM Open Gym	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-12:00PM PICKLEBALL		10:00AM-12:00PM PICKLEBALL			
5:00PM-5:30PM* Warrior Circuit Class *Gym closed 4:50PM-5:40PM	12:00PM-5:50PM Open Gym	4:00PM-7:50PM 18+ Adult Pickup Basketball	12:00PM-4:50PM Open Gym			
6:00PM-7:50PM 18+ Adult Pickup Basketball	<u>6:00PM-7:50PM</u> <u>PICKLEBALL</u>		5:00PM-5:30PM* Warrior Circuit Class *Gym closed 4:50PM-5:40PM			
			5:50PM-7:50PM Open Gym			

PLEASE NOTE:

**THE GYMNASIUM CLOSES
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.

June 28th & 29th: Gym will be closed **10:00am-12:00pm** for a Basketball Camp led by **Bluefield University**

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