



MARCH 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 | CLOSED MARCH 4TH ONLY. | 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 | 5:00PM—6:50PM Youth Basketball Practice *LAST PRACTICE MARCH 3RD | 8:00AM—1:50PM Open Gym | |
| | 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 —7:50PM Open Gym | 4:00PM—7:50PM 16+ PickUp Basketball | 12:00PM —4:50PM Open Gym | | | |
| 6:00PM—7:50PM 16+ PickUp Basketball | | | 5:00PM—5:30PM* Warrior Circuit Class *Gym closed 4:50PM—5:40PM | | | |
| | | | 5:50PM—7:50PM Open Gym | | | |

PLEASE NOTE:

THE GYMNASIUM CLOSSES 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.

YOUTH BASKETBALL: Gym will be Closed for practice:

THURSDAY MARCH 2ND: 5:50PM—7:50PM
 FRIDAY MARCH 3RD: 5:00PM—6:50PM
 SATURDAY MARCH 4TH: CLOSED

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—1:50PM |
| Sunday | 1:00PM—4:50PM |