



MAY 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-6PM Teens/Tweens	9AM-9:45AM* Battle Ropes and Abs			
5PM-5:30PM Battle Ropes *Gym closed 4:45PM-5:45PM	*Gym closed 8:45PM-10AM	6PM-9PM 16+ Basketball	*Gym closed 8:45AM-10AM			
5:45PM-9PM 16+ Basketball	10AM-4PM Open Gym		10AM-4PM Open Gym			
	4PM-4:45PM Teens/Tweens		4PM-4:45PM Teens/Tweens			
	5PM-5:30PM** Battle Ropes **Gym closed 4:45PM-5:45PM		5PM-5:30PM** Battle Ropes **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.

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 5AM-9PM
Friday 5AM-7:30PM
Saturday 8AM-4PM
Sunday 1PM-5PM