



# OCTOBER 2022

## 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	1:00PM—4:50PM Open Gym
	9:00AM—9:45AM* HIIT Battle Ropes *Gym closed 8:45AM—10:00AM		9:00AM—9:45AM* HIIT Battle Ropes *Gym closed 8:45AM—10:00AM			
	10:00AM—5:00PM Open Gym		10:00AM—4:50PM Open Gym	5:00PM—6:50PM <u>Youth Basketball Practice</u>		
5:00PM—5:30PM* HIIT Battle Ropes *Gym closed 4:50PM—5:40PM	5:00PM—7:50PM <u>Youth Basketball Practice</u>		5:00PM—5:30PM* HIIT Battle Ropes ***Gym closed 4:50PM—5:40PM			
6:00PM—7:50PM 16+ PickUp Basketball		4:00PM—7:50PM 16+ PickUp Basketball	5:40PM—6:00PM Open Gym  6:00PM—7:50PM <u>Youth Basketball Practice</u>			

### PLEASE NOTE:

THE GYMNASIUM CLOSES 10 MINS  
PRIOR TO FACILITY CLOSURE.

OPEN GYM: Gymnasium available to all.

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

YOUTH BASKETBALL: Practice starts  
**OCT 17th.**

TUESDAY: 5:00PM—7:50PM

THURSDAY: 6:00PM—7:50PM

FRIDAY: 5:00PM—6:50PM

### 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