



# SEPTEMBER 2020

## GYMNASIUM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM—4:50PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—8:00PM Open Gym	5:00AM—8:50AM Open Gym	5:00AM—7:00PM Open Gym	8:00AM—2:00PM Open Gym	1:00PM—5:00PM Open Gym
5:00PM—5:30PM Battle Ropes *Gym closed 4:50PM—5:40PM	9:00AM—9:45AM* Battle Ropes *Gym closed 8:50AM—10:00AM		9:00AM—9:45AM* Battle Ropes/ABS *Gym closed 8:45AM—10:00AM			
5:40PM—8:00PM Open Gym	10:00AM—4:5 0PM Open Gym		10:00AM—4:50PM Open Gym			
	5:00PM—5:30PM* Battle Ropes *Gym closed 4:50PM—5:40PM		5:00PM—5:30PM* Battle Ropes ***Gym closed 4:50PM—5:40PM			
	5:40PM—8:00PM Open Gym		5:40PM—8:00PM Open Gym			

**OPEN GYM:** Gymnasium available to all.

**ABS:** 15 minutes of floor abdominal work

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

### 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–8:00PM
Friday	5:00AM–7:00PM
Saturday	8:00AM–2:00PM
Sunday	1:00PM–5:00PM