

Basketball Gym

April 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 - 6:45am Circuit Training		6:00 - 6:45am Circuit Training		6:00 - 6:45am Circuit Training		
9:30 - 10:30am Circuit Training					10:15 - 11:15am Strength & Conditioning	10:15 - 1:15pm Abiding Word Church
Schedule Subject to Change Without Notice.						1:15 - 3:15pm Volleyball (Drop-In)

SWEAT		RUN		PLAY	
5:15- 6:00pm Circuit Training (East)	5:30- 6:15pm Boot Camp (East)		5:30- 6:15pm Circuit Training (East)		
5:00 - 6:30pm Basketball Practice (West)		5:00 - 6:30pm Basketball Practice (West)			
7:00- 8:45pm Basketball Practice	7:00 - 9:00pm Basketball Practice	7:00 - 9:00pm Basketball Practice	7:00- 8:45pm Basketball Practice		

“You have to be able to accept failure to get better”
LeBron James

GYM HOURS: Mon-Fri 5:45am—8:45pm Sat: 8:00am—4:45pm Sun: 10:00am—4:45pm

The gym is available for open recreational use to members 15 minutes after the facility opens until 15 minutes before the facility closes, aside from the scheduled programming hours. The gym will be open only to class or program participants while they are in session unless (WEST Only) or (EAST Only) is listed, in which open gym use is available on one side of the courts during those times.