

# 2025

# MARCH

SUNDAY

# GYM SCHEDULE

# REC

COOMES RECREATION CENTER

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

01

1:30pm-6pm - Open Gym  
1:30pm-4pm - Pickleball (Court 2)

6am-5:30pm - Open Gym  
9am-1pm - Pickleball (Court 2)  
3:30pm-5:30pm-AfterSchool (Court 1)  
5:30pm-9pm - AYYV

6am-5:30pm - Open Gym  
9:30am-10:30am-TRX(Court 2)  
3:30pm-5:30pm-AfterSchool (Court 1)  
6pm-8pm -Co-ed Adult VB

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6am-5:30pm - Open Gym  
9:30am-10:30am-TRX(Court 2)  
3:30pm-5:30pm-AfterSchool (Court 1)  
6pm-9pm-4v4 Adult Basketball

6am-9pm - Open Gym  
9am-1pm - Pickleball (Court 2)  
3:30-5:30-AfterSchool (Court 1)

8am-10am - Open Gym  
10am-3pm - AYYV  
3pm-6pm Open Gym (Court 1)  
4pm-6pm-Pickleball (Court 2)

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4pm-6pm-Pickleball (Court 2)

### More Information:

TRX - Total Body Resistance Exercise; this is one of many classes we offer at the Coomes Recreation Center.  
AYYV - Abingdon Youth Volleyball will complete season on March 8.  
Pickleball can use both sides of the court when space allows.

If any questions arise, please contact the Coomes Center front desk (276) 623-5279.