## 2025

# MARCH

#### SUNDAY

# GYM SCHEDULE REC



Sunday		1:30pm-6pm - Open Gym 1:30pm-4pm - Pickleball (Court 2) 9am 3:30	02	1:30pm-6pm - Open Gym 6am 1:30pm-4pm - Pickleball (Court 2) 9am 3:30	09	1:30pm-6pm - Open Gym 6am 1:30pm-4pm - Pickleball (Court 2) 9am 3:30	16	1:30pm-6pm - Open Gym 1:30pm-4pm - Pickleball (Court 2) 9am 3:30	23	1:30pm-6pm - Open Gym 1:30pm-4pm -Pickleball (Court 2) 9am 3:30	1)
Monday		6am-5:30pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1) 5:30pm-9pm - AYV	03	6am-5:30pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1) 5:30pm-9pm - AYV	10	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	17	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court 1)	24	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30pm-5:30pm-Afterschool(Court	
Tuesday		6am-5:30pm - Open Gym 9:30am-10:30am_TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1) 6pm-8pm -Co-ed Adult VB	04	6am-5:30pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1) 6pm-8pm -Co-ed Adult VB	==	6am-5:30pm - Open Gym 9:30am-10:30am-TRX/Court 2) 3:30pm-5:30pm-Afterschoo (Court 1) 6pm-8pm -Co-ed Adult VB	18	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	25	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	
Wednesday		6am-5:30pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1) 5:30pm-9pm - AYV	05	6am-5:30pm - Open Gym 9am-1pm - Pickleball (Court 2) 3:30pm-5:30pm-Afterschool(Court 1) 5:30pm-9pm - AYV	12	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30pm-Afterschool(Court 1)	19	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30pm-Afterschool(Court 1)	26	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30pm-Afterschool(Court 1)	
Thursday	•	6am-5:30pm - Open Gym 9:30am-10:30am_TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1) 6pm-9pm -4v4 Adult Basketball	06	6am-5:30pm - Open Gym 9:30am-10:30am-TRX(Court 2) 3:30pm-5:30pm Aferschool(Court 1) 6pm-9pm -4v4 Adult Basketball	13	6am-5:30pm - Open Gym 9:30am-10:30am_TRX(Court 2) 3:30-5:30pm-Afterschool(Court 1) 6pm-9pm_4v4 Adult Basketball	20	6am-5:30pm - Open Gym 9:30am-10:30am_TRX(Court 2) 3:30-5:30pm-Afterschool(Court 1) 6pm-9pm_4v4 Adult Basketball	27	6am-5:30pm - Open Gym 9:30am-10:30am_TRX(Court 2) 3:30-5:30pm-Afterschool(Court 1) 6pm-9pm_4v4 Adult Basketball	
Friday		6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30-Afterschool (Court 1)	07	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30-Afterschool (Court 1)	14	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30-Afterschool (Court 1)	21	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30-Afterschool (Court 1)	28	6am-9pm - Open Gym 9am-1pm - Pickleball(Court 2) 3:30-5:30-Afterschool (Court 1)	
Saturday	01	8am-10am - Open Gym 10am-3pm - AYV 3pm-6pm Open Gym (Court I) 4pm-6pm -Pickleball (Court 2)	08	8am-10am - Open Gym 10am-3pm - AYV 3pm-6pm Open Gym (Court 1) 4pm-6pm -Pickleball (Court 2)	15	8am-6pm - Open Gym 4pm-6pm -Pickleball (Court 2)	22	8am-6pm - Open Gym 4pm-6pm -Pickleball (Court 2)	29	8am-6pm - Open Gym 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.

AYV - 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.