

# 2025 FEBRUARY

SUNDAY

# GYM SCHEDULE



| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday   |
|--|---|---|---|--|---|--|
| 26<br>1:30pm-4pm - Open Gym<br>4pm-6pm -Pickleball (Court 2) | 27<br>7am-9am - Open Gym<br>9am-1pm - Pickleball (Court 2)<br>1pm-5:30pm - Open Gym<br>5:30pm-9pm - AYW | 28<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-8pm -Co-ed Adult VB | 29<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>6pm-9pm - AYW | 30<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-9pm-4v4 Adult Basketball | 31<br>7am-9pm - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-7pm - Open Gym | 01<br>8am-10am - Open Gym<br>10am-3pm - AYW<br>3pm-6pm Open Gym (Court 1)<br>4pm-6pm -Pickleball (Court 2) |
| 02<br>1:30pm-4pm - Open Gym<br>4pm-6pm -Pickleball (Court 2) | 03<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>5:30pm-9pm - AYW  | 04<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-8pm -Co-ed Adult VB | 05<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>6pm-9pm - AYW | 06<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-9pm-4v4 Adult Basketball | 07<br>7am-9pm - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-7pm - Open Gym | 08<br>8am-10am - Open Gym<br>10am-3pm - AYW<br>3pm-6pm Open Gym (Court 1)<br>4pm-6pm -Pickleball (Court 2) |
| 09<br>1:30pm-4pm - Open Gym<br>4pm-6pm -Pickleball (Court 2) | 10<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>5:30pm-9pm - AYW  | 11<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-8pm -Co-ed Adult VB | 12<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>6pm-9pm - AYW | 13<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-9pm-4v4 Adult Basketball | 14<br>7am-9pm - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-7pm - Open Gym | 15<br>8am-10am - Open Gym<br>10am-3pm - AYW<br>3pm-6pm Open Gym (Court 1)<br>4pm-6pm -Pickleball (Court 2) |
| 16<br>1:30pm-4pm - Open Gym<br>4pm-6pm -Pickleball (Court 2) | 17<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>5:30pm-9pm - AYW  | 18<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-8pm -Co-ed Adult VB | 19<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>6pm-9pm - AYW | 20<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-9pm-4v4 Adult Basketball | 21<br>7am-9pm - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-7pm - Open Gym | 22<br>8am-10am - Open Gym<br>10am-3pm - AYW<br>3pm-6pm Open Gym (Court 1)<br>4pm-6pm -Pickleball (Court 2) |
| 23<br>1:30pm-4pm - Open Gym<br>4pm-6pm -Pickleball (Court 2) | 24<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>5:30pm-9pm - AYW  | 25<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-8pm -Co-ed Adult VB | 26<br>7am-9am - Open Gym<br>9am-1pm - Pickleball(Court 2)<br>1pm-5:30pm - Open Gym<br>6pm-9pm - AYW | 27<br>7am-5:30pm - Open Gym<br>9:30am-10:30am-TRX(Court 2)<br>6pm-9pm-4v4 Adult Basketball | 28<br>7am-9pm - Open Gym<br>9am-1pm - Pickleball(Court2)<br>1pm-7pm - Open Gym  | 01   |
| 02   | 03  | 04  | 05  | 06   | 07  | 08   |

**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 use the gym for practice on Mondays and Wednesdays. Games on Saturdays.

Pickleball can use two sides of the court only when able to be accommodated and space allows.

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