

# 2024

# APRIL

SUNDAY  
FIRST DAY OF WEEK

## GYM SCHEDULE



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

More Information:

TRX - Total Body Resistance Exercise; this is one of many classes we offer at the Coomes Recreation Center.

If any questions arise please contact the Coomes Center front desk (276) 623-5279 or Reagan Trent at [rtrent@abingdon-va.gov](mailto:rtrent@abingdon-va.gov)