



Gymnasium @ Jamerson Family Branch

August 1st-August 31st, 2019

801 Wyndhurst Dr
 LYNCHBURG, VA 24502
 (434) 582-1900

	MON	TUE	WED	THU	FRI	SAT	SUN
6am	Adult Basketball Full Court 6am - 8am		Adult Basketball Full Court 6am - 8am		Adult Basketball Full Court 6am - 8am		
7am						Open Gym No Full Court 7am - 8am	
8am	Adult Pickleball 8am - 10:30am		Open Gym No Full Court 8am - 12pm	Adult Pickleball 8am - 10:30am	Open Gym No Full Court 8am - 12pm	Adult Pickleball 8am - 10:30am	
9am		Adult Volleyball 9am - 11am	Adult Women VolleyBall Half Court 9:30am - 11:30am		Adult Volleyball Half Court 9am - 11am		
10am				Open Gym No Full Court 10:30am - 4:30pm		Open Gym No Full Court 10:30am - 3pm	
	Open Gym No Full Court 10:30am - 12pm			Adult Volleyball Half Court 10:30am - 12:30pm			
11am		Open Gym No Full Court 11am - 5pm					
12pm	Adult Basketball Full Court 12pm - 2pm		Adult Basketball Full Court 12pm - 2pm	Open Gym No Full Court 12:30pm - 7pm	Adult Basketball Full Court 12pm - 2pm		Family Shoot Around 12pm - 4pm
2pm	Open Gym No Full Court 2pm - 7pm	Open Gym No Full Court 2pm - 7pm	Open Gym No Full Court 2pm - 7pm		Open Gym No Full Court 2pm - 7:45pm		
3pm						Adult Volleyball Half Court 3pm - 5pm	
						Open Gym No Full Court 3pm - 5:45pm	
4pm							Open Gym No Full Court 4pm - 4:30pm
							Adult Basketball Half Court 4pm - 4:30pm
							Adult Basketball Full Court 4:30pm - 5:45pm
7pm	Adult Basketball Half Court 7pm - 9:45pm	Teen Basketball Half Court 7pm - 9:45pm	Open Gym No Full Court 7pm - 9:45pm	Adult Volleyball Half Court 7pm - 9:45pm			
	Open Gym No Full Court 7pm - 9:45pm		Adult Volleyball Half Court 7pm - 9:45pm	Open Gym No Full Court 7pm - 9:45pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.