



# Onelife<sup>®</sup> FITNESS BASKETBALL

ONELIFE FITNESS AT BRAMBLETON<sup>®</sup> 42365 Soave Dr. • Brambleton, VA • 703-774-9500 • onelifefitness.com  
Hours: Mon-Thurs 5am-11pm; Fri 5am-10pm; Sat & Sun 7am-8pm

| MON  | TUES                              | WED  | THUR   | FRI                               | SAT   | SUN   |
|--|-----------------------------------|--|--|-----------------------------------|---|---|
| OPEN BASKETBALL<br>5:00AM-9:00AM                           | OPEN BADMINTON<br>5:00AM-6:30AM   | OPEN BASKETBALL<br>5:00AM-9:00AM                           | OPEN BADMINTON<br>5:00AM-6:30AM                      | OPEN BADMINTON<br>5:00AM-6:30AM   | OPEN BADMINTON<br>7:00AM-9:00AM   | OPEN BADMINTON<br>7:00AM-9:00AM                     |
|  | OPEN BASKETBALL<br>6:30AM-9:00AM  |  | OPEN BASKETBALL<br>6:30AM-9:00AM                     | OPEN BASKETBALL<br>6:30AM-9:00AM  |   | FULL COURT BASKETBALL<br>Ages 18+<br>9:30AM-12:00PM |
| KIDZ ACTIVITIES<br>9:00AM-12:00PM                          | KIDZ ACTIVITIES<br>9:00AM-12:00PM | KIDZ ACTIVITIES<br>9:00AM-12:00PM                          | KIDZ ACTIVITIES<br>9:00AM-12:00PM                    | KIDZ ACTIVITIES<br>9:00AM-12:00PM | OPEN BASKETBALL<br>9:00AM-3:00PM  |   |
| OPEN BASKETBALL<br>12:00PM-5:30PM                          | OPEN BASKETBALL<br>12:00PM-3:00PM | OPEN BASKETBALL<br>12:00PM-5:30PM                          | OPEN BASKETBALL<br>12:00PM-3:30PM                    | OPEN BASKETBALL<br>12:00PM-6:00PM |   | SHOOT AROUND<br>3:00PM-5:30PM                       |
|  | SHOOT AROUND<br>3:00PM-4:15PM     |  | JR. Basketball<br>*Full Court<br>Will return in fall |                                   |   |   |
| BASKETBALL SKILLS TRAINING<br>*Half Court<br>5:30PM-6:30PM | OPEN BASKETBALL<br>4:15PM-5:30PM  | BASKETBALL SKILLS TRAINING<br>*Half Court<br>5:30PM-6:30PM | OPEN BASKETBALL<br>3:30PM-5:30PM                     | OPEN BASKETBALL<br>12:00PM-6:00PM | OPEN VOLLEYBALL<br>Ages 18+<br>5:30PM-8:00PM  | FAMILY PLAY<br>4:00PM-8:00PM                        |
|  | SHOOT AROUND<br>5:30PM-8:00PM     |  | SHOOT AROUND<br>5:30PM-6:30PM                        |                                   |   |   |
| FULL COURT BASKETBALL<br>Ages 18+<br>6:30PM-9:00PM         | OPEN BASKETBALL<br>8:00PM-11:00PM | OPEN VOLLEYBALL Ages 13-17<br>7:00PM-8:00PM                | FULL COURT BASKETBALL<br>Ages 18+<br>6:30PM-9:00PM   | FAMILY PLAY<br>6:00PM-10:00PM     | Interested in a Birthday Party?<br>Contact Trelis at <a href="mailto:tevans@onelifefitness.com">tevans@onelifefitness.com</a><br><br>Interested in Basketball Training?<br>Contact Rhys at <a href="mailto:rquily@onelifefitness.com">rquily@onelifefitness.com</a> |   |
|  |                                   | OPEN VOLLEYBALL Ages 18+<br>8:00PM-11:00PM                 |  |                                   |   |   |
| OPEN BASKETBALL<br>9:00PM-11:00PM                          |                                   |  |  |                                   | Updated: May 2017   |   |

**Full Court Basketball (18+) – Full Court Games for Adults AGES 18 AND OVER ONLY.**

**Kids Activities – Entire Court Closed for Kidz programming (Jr. Tennis, Jr. Basketball etc.)**

**Open Basketball – Open to shoot around or games. Games will take precedence.**

- Those not playing in a game may stay and shoot but must clear the court when play returns to that end.

**Open Volleyball – Open to pick-up Volleyball**

- Members set up & clean up volleyball net.

**Shoot Around – Open to shoot around only. Open to all ages. NO GAMES**

- Ages 11 and below must have a parent on the court.
- Ages 12-14 must have parent or guardian present in the club.

**Family Play – Parents with children 15 and under (Parents must be present on the court for children 11 and under)**

**MON – FRI - School Holiday/Weather Closing (Sept – June):**

Normal Schedule to 12p, 12p-3p – Shoot Around, 3p-6p – Open Basketball, Normal Schedule After 6p