If you are entering off of Stadium (the south entrance), take the hallway to the left after walking through the lobby. There will be a flight of stairs at the end of the hall.

Travel up one flight of stairs. After exiting the stairwell, there will be a door to your right and the gym to your left. Enter the gym.

The gym will be split into two parts, 2/3 of which is for the gymnastics team and the other 1/3 is for Tae Kwon Do.
If you are entering Lambert from the east side of the gym, enter the doors on the east side of the main entrance. After that, turn to the right and travel up 1 ½ flights of stairs.

After exiting the stairwell, there will be a door to your right and the gym in front of you. Enter the gym.

The gym will be split into two parts, 2/3 of which is for the gymnastics team and the other 1/3 is for Tae Kwon Do.
If you are entering Lambert from the west side, enter the door on the west side of the main entrance. Travel up the stairs ½ flight of stairs and enter the door in front of you.

Take the hallway to the left after walking through the lobby. There will be a flight of stairs at the end of the hall.

Travel up one flight of stairs. After exiting the stairwell, there will be a door to your right and the gym to your left. Enter the gym.

The gym will be split into two parts, 2/3 of which is for the gymnastics team and the other 1/3 is for Tae Kwon Do.