


February 2019 Gym Schedule

***Effective Feb. 1 - 28**

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
Gym Hours	5:30am - 10:00pm		5:30am - 10:00pm		5:30am - 10:00pm		5:30am - 10:00pm		5:30am - 6:00pm		8:00am - 6:00pm		8:00am - 6:00pm		
	A	B	A	B	A	B	A	B	A	B	A	B	A	B	
6:00a	Open Gym 5:30 - 9am	Open Gym 5:30 - 7am	*Warrior Boot Camp Open Gym	Open Gym 5:30 - 7am	Open Gym 5:30 - 7am	Not Available	*Warrior Boot Camp Open Gym	Not Available	Open Gym 5:30 - 9am	Open Gym 5:30 - 9am					
7:00a	AJA B-ball 7-8am	AJA B-ball 7 - 8am	AJA B-ball 7-8am	AJA B-ball 7 - 8am	AJA B-ball 7-8am		AJA B-ball 7 - 8am								
8:00a	Open Gym 8 - 9am	* Warrior Boot Camp	Open Gym 8 - 9am	Open Gym 8 - 10:15	*Hard Core 8 - 9am		Open Gym 8 - 9:15am				Pickleball 8 - 11am	Pickleball 8 - 11am	Adult Pick-up Basketball 8:00 - 11:00 Full-court permitted		
9:00a	* Strength Fusion 9 - 10am	9 - 10am	*Fitness Class 9 -10am		AJA PE 9:15 - 11:45	Gymnastics Classes 9am -7:15pm	AJA PE 9:15 - 11:45	Gymnastics Classes 9am -12pm	*Warrior Boot Camp	*Warrior Boot Camp					
10:00a	Open AJA PE	Open Gym 10 -11:15 AJA PE	AJA PE 10 - 11:45	AJA PE 10:15 - 11 Open Gym					Pickleball 10am - 12						
11:00a	10:30- 12pm	AJA PE 11:15 - 12		11:00 -12:00								Teen Pick-up Basketball 11:15 - 1pm		Open Gym 11am - 12:15pm	Open Gym 11am - 12:15pm
12:00p	Open	Open Gym 12 - 1pm	Adult Pick-up Basketball /Full Court 12:00 - 1:30		Open Gym 11:45 - 12:45			Adult Pick-up Basketball /Full Court 12:00 - 1:30		Pickleball 12 -1pm	Open Gym 12 - 3pm				
1:00p	AJA 12:45-2:15		AJA PE 1:30 - 2:15		AJA PE 12:45 - 2:15		AJA PE 1:30 - 2:15						Yth B-ball League 12:15 - 4:30	Yth B-ball League 12:15 - 4:30	
2:00p		Gymnastics Classes 1 - 6:30pm		Gymnastics Classes 1:30 -6:30pm		Youth Sports Classes 2:15 - 4pm		Youth Sports Classes 2:15 - 4:45	Gymnastics Classes 1:30-6:30pm	Open Gym 1 - 4:45pm	Private Lessons Corner of Gym 3 - 6pm				
3:00p	Youth Sports Classes 2:15 - 4:45		Youth Sports Classes 2:15 - 5:30												
4:00p															
5:00p	KC 4:45 - 5:30				Open Gym 4 - 8pm		Open Gym 4:45 - 6:25								
6:00p	Open Gym		Open Gym 5:30- 6:25												
7:00p					Open 7:15 - 8pm										
8:00p	Adult Basketball League 6:30 - 10 pm		Adult Basketball League 6:30 - 10 pm		35 + Basketball 8 -9:50pm		35 + Basketball 8 - 9:50pm		Pickleball 6:30 - 9:30pm						
9:00p															



SHALOM AUSTIN
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***Schedule is subject to change.**
***The JCC reserves the right to occupy Open Gymnasium times when necessary.**
***Full court games have priority ONLY at designated times.**

Open Gym - All members of any age can play. No Full court games.
Cross-court games permitted only when both sides of the gym are open.

Adult Pick-up B-ball - Adults(ages 18 & up) Full court games permitted.
*Full Court Games to 21 points by 2's & 3's .
*Cross Court Games to 11 points by ones.
* Free to Members

35+ Basketball - Adults (ages 35 & up) Free to Members
*Cross Court Games to 11 points by ones.

Adult Basketball League - Registration required to participate

Pickleball - Adults ages 18 and up. Free for Members

Fitness Classes - Designated with asterisk *