

September 2019 Gym Schedule

***Effective Sept. 1 - 30**

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

 **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.**