

# GYMNASIUM SCHEDULE

EFFECTIVE: FEBRUARY 13, 2012

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		Open	Adult	Open	Adult	Open 5:30 - 6 am	
6:00 AM	JCC Opens at 7:30 am	5:30 - 6:15 am	Pick-up	5:30 - 6:15 am	Pick-up	Boot Camp	JCC Opens at 7:30 am
6:30 AM		TRX *6:15 - 7 am	Basketball	TRX *6:15 - 7 am	Basketball	*6:00 - 7:00 am	
7:00 AM			5:30 - 7:30 am		5:30-7:30 am		
7:30 AM		Open	TRX *7:30 - 8:15 am	Open	TRX *7:30 - 8:15 am	Open	Open
8:00 AM	Adult 18+	7 - 9:30 am	Open	7 - 9:30 am	Open	7 - 9:30 am	7:30 - 8:30 am
8:30 AM	Pick-up		8:15 - 9:30 am		8:15 - 10 am		TRX
9:00 AM	Basketball	Fitness Classes	Boot Camp	TRX *9:30 - 10:15 am	Little Athletes w/ BWK	Fitness Classes	8:30 - 9:30 am
9:30 AM	7:30 am - 12:30 pm	9:30 - 10:30 am	*9:30 - 10:30 am	Open 10 - 10:30 am	10 - 10:45 am	9:30 - 10:30 am	
10:00 AM	(Court B) 11 - 12:30 pm	Open 10:30 - 11 am	Open 10:30 - 11 am	KinderPlace 10:30 - 11	S.W.N.S. 11 - 11:30 am	Open	
10:30 AM		S.W.N.S. 11 - 11:30 am	S.W.N.S. 11 - 11:30 am	S.W.N.S.	11 - 12 pm	10:30 - 12 pm	
11:00 AM	Teen 14+ Pick-up		Open	12 - 1 pm	Open	Affinion Group	
11:30 AM	Basketball (Court A)		11:30 - 1 pm	Class	11:30 - 1 pm	12 - 1 pm	
12:00 PM	11 am - 12:30 pm	Open	Class	1 - 2 pm	Class	Open	Open
12:30 PM		11:30 - 3 pm	1 - 2 pm	Open	2 - 3 pm	1 - 3 pm	9:30 am - 6 pm
1:00 PM			Open	2 - 3 pm	2 - 3 pm		
1:30 PM		NCCS	NCCS	NCCS	NCCS	NCCS	
2:00 PM	Youth Basketball Leagues	3 - 4 pm	3 - 4 pm	3 - 4 pm	3 - 4 pm	3 - 4 pm	
2:30 PM	12:30 - 6 pm	Class	Class 4 - 5 pm (Court A)	Class 4 - 5 pm (Court A)	JCC Practice 4 - 5 pm	Teen 14+ Pick-up Bball	
3:00 PM		4 - 5 pm	Open 4 - 5 pm (Court B)	JCC Practice 4 - 5 pm	Open 4 - 5 pm (Court B)	(Court A) 4 - 6 pm	
3:30 PM		JCC Practice 5 - 6 pm	JCC Basketball Practice	JCC Basketball Practice	JCC Practice 5 - 6 pm	KidsPlace	
4:00 PM		Open 5 - 6 pm (Court B)	5 - 6 pm	5 - 6 pm	TRX 5:15 - 6 pm	(Court B) 4 - 6 pm	
4:30 PM		TRX Class	Adult 18+		Adult 18+		JCC Travel Basketball
5:00 PM		6 - 6:45 pm (Court A)	Pick-Up Basketball	Adult Basketball League	Pick-Up Basketball	JCC Closes at 6 pm	Games
5:30 PM			6 - 8:30 pm	6 - 10 pm	6 - 8:30 pm		6 - 9 pm
6:00 PM	JCC Closes at 6 pm	Adult Basketball League	Adult 18+		Adult 18+		
6:30 PM		6 - 10 pm	Pick-Up Soccer		Pick-Up Soccer		JCC Closes at 9 pm
7:00 PM			8:30 - 10 pm		8:30 - 10 pm		
7:30 PM							
8:00 PM							
8:30 PM							
9:00 PM							
9:30 PM							
10:00 PM							

■ Open (available for member use)

■ Early Childhood/Youth/Afterschool Programs

■ Fitness Class

■ Adult Sports League

■ Adult Drop-In Sports

■ Teen Drop-In Sports



Times with a (\*) indicate that half of the gym is available for member use.

The JCC reserves the right to use the gym during open times for JCC programs or events.

Gymnasium schedule is subject to change. Please refer to our website, [www.stamfordjcc.org](http://www.stamfordjcc.org), or call 203-322-7900 for updates.

Sport Court Schedule is available on the other side.