

# Stamford JCC Studio A and C Schedules

Effective: Monday, January 17, 2024

Time	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		
	Studio A	Studio C	Studio A	Studio C	Studio A	Studio C	Studio A	Studio C	Studio A	Studio C	Studio A	Studio C	Studio A	Studio C	
5:30 a.m.	JCC Opens at 7:15 AM								Cycle - Barre 6:00 - 7:00				JCC Opens at 7:15 AM		
6:00 a.m.				TRX Bootcamp 6:00 - 7:00								KB Cond. 6:00 - 7:00			
6:30 a.m.															
7:00 a.m.			BOSU Fusion 7:30 - 8:30		LM Bodypump 7:00 - 8:00				LM Tone 7:00 - 8:00	TRX Cond. 7 - 8	Core & More 7:00 - 8:00				
7:30 a.m.															
8:00 a.m.															
8:30 a.m.	LM Tone 8:15 - 9:15		Step 8:15 - 9:15		Pilates 8:15 - 9:15	TRX 8 - 8:45		Barre 8:15 - 9:15		LM Bodypump 8:15 - 9:15	Barre 8:15 - 9:15	Boxing 8:15 - 9:15	LM Bodypump 8:30 - 9:30	Pilates 9:00 - 10:00	
9:00 a.m.		Zumba 9:00 - 10:00													
9:30 a.m.			Strength & Stretch 9:30 - 10:30		LM Tone 9:30 - 10:30			Strength Cir 9:30 - 10:30		Zumba 9:30 - 10:30	HIIT Cardio 9:30 - 10:30	Power Yoga 9:30 - 10:30		Yoga 9:00 - 10:00	
10:00 a.m.	Pre-Ballet 10:00 - 10:45								Yoga 9:45 - 10:45					Yoga 10:00 - 11:00	
10:30 a.m.	Ballet I 11:00 - 12:00														
11:00 a.m.															
11:30 a.m.															
12:00 a.m.															
12:30 a.m.															
1:00 p.m.	Ballet II 12:45 - 2:00		Pre-Hip Hop 1:00 - 1:45			Pre-Ballet 1:00 - 1:45		Pre-Hip Hop 1:00 - 1:45		Little Actors 1:00 - 1:45	Pre-Ballet 1:00 - 1:45	Pre-Tap/Jazz 1:00 - 1:45			
1:30 p.m.															
2:00 p.m.															
2:30 p.m.															
3:00 p.m.			Little Actors 3:00 - 3:45		K Ballet 3:00 - 3:45			Pre-Hip Hop 3:00 - 3:45				Small Group 3:00 - 4:00			
3:30 p.m.															
4:00 p.m.			Jr. Company Rehearsal 3:45 - 5:15	Ballet I 4:15 - 5:15		Kids Boxing 4:15 - 5:15		Hip Hop I/II 4:15 - 5:15	Contemporary II/III 4:15 - 5:30	Jr. Company 4:15 - 6:00	Ballet I 4:15 - 5:15	Dryland 4:00 - 5:00	Jr. Company Rehearsal 3:30 - 5:30		
4:30 p.m.				Jazz II/III 5:15 - 6:30	Jazz II/III 4:15 - 5:30			Tap/Jazz I/II 5:15 - 6:15				Zumba 5:00 - 6:00			
5:00 p.m.			Core & More 5:30 - 6:30		Jr. Company	Boxing 6:00 - 7:00			TRX Strength 6:00 - 7:00						
5:30 p.m.			Zumba 6:30 - 7:30					LM Bodypump 6:30 - 7:30		Zumba 6:30 - 7:30	Boxing 6:00 - 7:00				
6:00 p.m.	JCC Closes at 6 PM											JCC Closes at 6 PM			
6:30 p.m.				Candlelight Yoga 7:00 - 8:00											
7:00 p.m.															
7:30 p.m.										Yoga 7:15 - 8:15					
8:00 p.m.															
8:30 p.m.															
9:00 p.m.															
9:30 p.m.															
10:00 p.m.													JCC Closes at 9 PM		

Kids Place	Performing Arts
Aquatics	Fitness

