

Jewish Community Center of Northern Virginia Gym Schedule

September 6th–December 31, 2011

Subject to change at any time – Please call to confirm 703-323-0880

<u>Sunday</u>			
Side A		Side B	
8:00am–11:00am	Member Drop In B-Ball (16+)	8:00am–9:00am	Open Gym
11:00am–2:00pm	Basketball Lessons	9:15am–10:15am	Jazzercise
2:00pm–4:00pm	Fairfax Celtics Rental	10:30am–11:30am	Family Fun (starts Nov. 7)
4:00pm–5:00pm	Open Gym	2:00pm–4:00pm	Fairfax Celtics Rental
5:15pm–10:15pm	Women's B-Ball	4:00pm–5:00pm	Open Gym
		5:15pm–10:15pm	Women's B-Ball
<u>Monday</u>			
Side A		Side B	
6:30am–9:00am	J-Walking	9:15am–10:15am	Jazzercise
10:00am–12:45pm	ECLC Gym Time	11:00am–12:00pm	ECLC gym time
12:45pm–3:45pm	Open Gym	1:15pm–2:00pm	Preschool sports
3:45pm–5:45pm	ECLC Gym Time	2:00pm–4:00pm	BASE
5:45pm–8:00pm	SFA Sports	4:00pm–4:30pm	ECLC gym time
8:00pm–10:00pm	Open Gym	4:30pm–5:45pm	BASE
		5:45pm–6:45pm	SFA Sports
		7:00pm–8:00pm	Jazzercise
		8:00pm–10:00pm	Open Gym
<u>Tuesday</u>			
Side A		Side B	
7:15am–9:15am	Kickboxing	9:15am–10:15am	Jazzercise
10:00am–12:45pm	ECLC Gym Time	11:00am–12:00pm	ECLC Gym Time
12:45pm–3:45pm	Open Gym	1:15pm–2:00pm	Preschool Sports
3:45pm–5:45pm	ECLC Gym Time	2:00pm–4:00pm	BASE
5:45pm–7:00pm	SFA Sports	4:00pm–4:30pm	ECLC Gym Time
7:15pm–8:15pm	Krav Maga	4:30pm–5:45pm	BASE
8:15pm–10:00pm	Open Gym	5:45pm–6:45pm	SFA Sports
		7:00pm–8:00pm	Jazzercise
		8:00pm–10:00pm	Jnet Basketball

<u>Wednesday</u>			
Side A		Side B	
6:30am–9:00am	J-Walking	9:15am–10:15am	Jazzercise
10:00am–12:45pm	ECLC Gym Time	10:30am–2:00pm	Open Gym
12:45pm–3:45pm	Open Gym	2:00pm–4:00pm	BASE
3:45pm–5:45pm	ECLC Gym Time	4:00pm–4:30pm	ECLC Gym Time
5:45pm–6:30pm	SFA Sports	4:30pm–5:45pm	BASE
6:30pm–10:00pm	Men's Drop-in Bball	5:45pm–6:45pm	SFA Sports
		7:00pm–8:00pm	Jazzercise
		8:00pm–10:00pm	Floor Hockey
<u>Thursday</u>			
Side A		Side B	
6:30am–9:00am	J-Walking	9:15am–10:15am	Jazzercise
10:00am–12:45pm	ECLC Gym Time	1:15pm–2:00pm	Preschool Sports
12:45pm–3:45pm	Open Gym	2:00pm–4:00pm	BASE
3:45pm–5:45pm	ECLC Gym Time	4:00pm–4:30pm	ECLC Gym Time
5:45pm–8:00pm	SFA Sports	4:30pm–5:45pm	BASE
8:00pm–10:00pm	Floor Hockey	5:45pm–6:45pm	SFA Sports
		7:00pm–8:00pm	Jazzercise
		8:30pm–9:30pm	Zumba with Lorena
<u>Friday</u>			
Side A		Side B	
6:30am–9:00am	J-Walking	9:15am–10:15am	Jazzercise
10:00am–12:45pm	ECLC Gym Time	1:15pm–2:00pm	Preschool Sports
12:45pm–3:45pm	Open Gym	2:00pm–4:00pm	BASE
3:45pm–5:45pm	ECLC Gym Time	4:00pm–4:30pm	ECLC Gym Time
		4:30pm–5:45pm	BASE
<u>Saturday</u>			
Side A		Side B	
12:30pm–3:00pm	Member Drop In B-Ball (16+)	12:30pm–3:00pm	Member Drop In BBall (16+
3:00pm–4:00pm	Adult B-Ball	3:00pm–4:00pm	Teen B-Ball
4:00pm–6:00pm	Open Gym	4:00pm–6:00pm	Open Gym

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