

Jewish Community Center of Northern Virginia Gym Schedule

Dec. 1, 2011- April 1, 2012

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-12:30pm	Open Gym	9:15am - 10:15am	Jazzercise
1:00pm-4:00pm	Basketball Games	10:30am- 11:30am	Family Fun (starts Nov. 27)
4:15pm-6:15pm	Goldenboot Soccer Rental	1:00pm-4:00pm	Basketball Games
6:30pm -10:30pm	Women's Basketball	4:15pm-6:15pm	Goldenboot Soccer Rental
		6:30pm -10:30pm	Women's Basketball
<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- 5:15pm	ECLC gym time	2:00pm -4:00pm	BASE
5:15pm -8:00pm	SFA Sports	4:00pm-4:30pm	ECLC gym time
8:00 - 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- 5:15pm	ECLC gym time	2:00pm -4:00pm	BASE
5:15pm-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	Jnet Basketball	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- 5:15pm	ECLC gym time	4:00pm-4:30pm	ECLC gym time
5:15pm- 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- 3:00pm	Open Gym	2:00pm -4:00pm	BASE
3:00pm- 4:00pm	ECLC gym time	4:00pm-4:30pm	ECLC gym time
4:30pm- 6:30pm	Goldenboot Soccer Rental	4:30pm-5:45pm	BASE
6:30pm-8:00pm	SFA Sports	5:45pm-6:45pm	SFA Sports
8:00pm- 10:00pm	Floor Hockey	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- 5:30pm	ECLC gym time	4:00pm-4:30pm	ECLC gym time
		4:30pm-5:30pm	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 B-Ball (16+)
3:00pm-4:00pm	Adult B-Ball	3:00pm-4:00pm	Teen B-Ball
4:00pm-6:00pm	Basketball Lessons	4:00pm-6:00pm	Open Gym