

JCCNV Gymnasium Schedule***February 28, 2019 - March 29, 2019****Schedule subject to change, please call the front desk to confirm, 703.323.0880***SUNDAY**

Gymnasium-Side A		Gymnasium-Side B	
7:30am-10:00am	Drop-In Bball (16+)	7:45am-8:30am	Cardio Cycling
10:00am-12:00pm	Open Gymnasium	9:00am-10:00am	Jazzercise
12:00pm-3:00pm	VYS (Jan 6)	10:30am-11:45am	Family GYM Time
3:15pm-5:15pm	Adapted Basketball	12:00pm-3:00pm	VYS (Jan 6)
5:30pm-7:30pm	Womens's Basketball	3:15pm-5:15pm	Golden Boot
7:30pm-9:45pm	Open Gymnasium	5:30pm-7:30pm	Women's Basketball
		7:30pm-9:45pm	Open Gymnasium

MONDAY

Gymnasium-Side A		Gymnasium-Side B	
6:30am-9:00am	J-Walking	6:30am-8:00am	Open Gymnasium
9:00am-10:00am	Open Gymnasium	8:15am-9:15am	Jazzercise
10:00am-12:30pm	ECLC Gym Time	9:30am-1:15pm	Open Gymnasium
12:30pm-3:45pm	Open Gymnasium	1:20pm-2:00pm	Preschool Sports Class
3:45pm-5:45pm	ECLC Gym Time	2:00pm-4:00pm	Open Gymnasium
6:00pm-8:00pm	Open Gymnasium	4:00pm-4:30pm	ECLC Gym Time
8:15pm-9:45pm	FairFox Roller Girls	4:30pm-5:45pm	BASE Gym Time
		6:15pm-7:15pm	Jazzercise
		7:30pm-8:30pm	Open Gymnasium
		8:30pm-9:45pm	Open Gymnasium

TUESDAY

Gymnasium-Side A		Gymnasium-Side B	
6:30am-7:30am	Open Gymnasium	6:30am-9:15am	Open Gymnasium
7:30am-8:45am	Kickboxing	9:15am-10:15am	Jazzercise
8:45am-9:15am	Advanced Core	10:30am-1:15pm	Open Gymnasium
9:15am-10:00am	Open Gymnasium	1:20pm-2:00pm	Preschool Sports Class
10:00am-12:30pm	ECLC Gym Time	2:00pm-4:00pm	Open Gymnasium
12:30-3:45pm	Open Gymnasium	4:00pm-4:30pm	ECLC Gym Time
3:45pm-5:45pm	ECLC Gym Time	4:30pm-5:45pm	BASE Gym Time
6:00pm-9:45pm	Open Gymnasium	5:45pm-6:45pm	Open Gymnasium
		7:00pm-8:00pm	Jazzercise
		8:15pm-9:45pm	Open Gymnasium

WEDNESDAY

Gymnasium-Side A		Gymnasium-Side B	
6:30am-9:00am	J-Walking	7:00am-7:45am	Cardio Cycling

9:15am–10:00am	Open Gymnasium	8:15am–9:15am	Jazzercise
10am–12:30pm	ECLC Gym Time	9:30am–10:15pm	Open Gymnasium
12:30–3:45pm	Open Gymnasium	1:20pm–2:00pm	Preschool Sports Class
3:45pm–5:45pm	ECLC Gym Time	2:00pm–4:00pm	Open Gymnasium
5:45pm–6:30pm	Open Gymnasium	4:00pm–4:30pm	ECLC Gym Time
6:30pm–10:00pm	Men's Drop In Basketball	4:30pm–5:45pm	BASE Gym Time
		6:15pm–7:15pm	Jazzercise
		7:30pm–9:45pm	Floor Hockey

THURSDAY

Gymnasium-Side A		Gymnasium-Side B	
9:15am–10:00am	Open Gymnasium	6:30am–9:15am	Open Gymnasium
10:00am–12:30pm	ECLC Gym Time	9:15am–10:15am	Jazzercise
12:30–3:45pm	Open Gymnasium	10:30am–1:15pm	Open Gymnasium
3:45pm–5:45pm	ECLC Gym Time	1:20pm–2:00pm	Preschool Sports Class
5:45pm–7:15pm	Golden Boot	2:00pm–4:00pm	Open Gymnasium
7:30pm–9:45pm	Floor Hockey	4:00pm–4:30pm	ECLC Gym Time
		4:30pm–5:45pm	BASE Gym Time
		5:45pm–6:45pm	Golden Boot
		7:00pm–8:00pm	Jazzercise
		8:15pm–9:45pm	Adult Soccer

FRIDAY

Gymnasium-Side A		Gymnasium-Side B	
9:15am–10:00am	Open Gymnasium	6:30am–8:00am	Open Gymnasium
10:00am–12:30pm	ECLC Gym Time	8:15am–9:15am	Jazzercise
12:30–3:45pm	Open Gymnasium	10:30am–1:15pm	Open Gymnasium
3:45pm–5:45pm	ECLC Gym Time	1:20pm–2:00pm	Preschool Sports Class
		2:00pm–4:00pm	Open Gymnasium
		4:00pm–4:30pm	ECLC Gym Time
		4:30pm–5:45pm	BASE Gym Time

SATURDAY

Gymnasium-Side A		Gymnasium-Side B	
7:30am–9:00am	Open Gymnasium	8am–9am	Jazzercise
9:00am–12:00pm	Golden Boot	9:00am–12:30pm	Golden Boot
12:30pm–3:00pm	Member Drop-in Bball (16+)	12:30pm–3:00pm	Member Drop-in Bball (16+)
3:15pm–5:15pm	Adapted Bball	3:15pm–5:15pm	Open Gymnasium