

## The Pozez JCC Gymnasium Schedule\*

**September 1, 2019 - November 30, 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   | Open Gymnasium      | 10:30am-11:45am  | Family GYM Time    |
| 3:15pm-5:15pm    | Open Gymnasium      | 12:00pm-3:00pm   | Open Gymnasium     |
| 6:00pm-8:00pm    | Womens's Basketball | 3:15pm-5:15pm    | Open Gymnasium     |
| 8:00pm-9:45pm    | Open Gymnasium      | 6:00pm-8:00pm    | Women's Basketball |
|                  |                     | 8:00pm-9:45pm    | Open Gymnasium     |

### MONDAY

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

### 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 |
| 6:00pm–9:30pm    | Open Gymnasium | 2:00pm–4:00pm    | Open Gymnasium         |
|                  |                | 4:00pm–4:30pm    | ECLC Gym Time          |
|                  |                | 4:30pm–5:45pm    | BASE Gym Time          |
|                  |                | 5:45pm–6:45pm    | Open Gymnasium         |
|                  |                | 7:00pm–8:00pm    | Jazzercise             |
|                  |                | 8:15pm–9:45pm    | Open Gymnasium         |

### 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–11:00pm   | Open Gymnasium             | 9:00am–12:30pm   | Open Gymnasium             |
| 11:00am–12:30pm  | Open Gymnasium             | 12:30pm–3:00pm   | Member Drop-in Bball (16+) |
| 12:30pm–3:00pm   | Member Drop-in Bball (16+) | 3:15pm–6:00pm    | Open Gymnasium             |
| 3:15pm–5:15pm    | Open Gymnasium             |                  |                            |