



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2	Side 1	Side 2		
5:00-5:30	Open Gym Both Sides		Open Gym Both Sides		Open Gym Both Sides				Open Gym Both Sides		Please follow the gym schedule. Reserved programs have priority over open gym time. Pickleball also available at the tennis courts.					
5:30-6:00																
6:00-6:30																
6:30-7:00											HIIT Class 6-6:45					
7:00-7:30											Open Gym Both Sides					
7:30-8:00																
8:00-8:30																
8:30-9:00											Sunrise 7:15-8					
9:00-9:30	ECE GYM 9-11:30	Pickleball 9-11:30			ECE GYM 9-11:30	Pickleball 9-11:30	Pickleball 9-11:30		ECE GYM 9-11:30	Rental 8:30-11:00				Men's Basketball League 8:30-11:00		
9:30-10:00																
10:00-10:30																
10:30-11:00										Zumba Gold 10:30-11:30						
11:00-11:30											Pickleball 11-1:00					
11:30-12:00	LIPPMAN 11:30-12:30				Mighty Kicks											
12:00-12:30					Soccer11:30-12:30											
12:30-1:00							LIPPMAN 12:30-1:30				Sports 1-2:00		Volleyball Rental 12:30-3:00			
1:00-1:30	ECE GYM 1-2:00				LIPPMAN 1:15-2:40								Open Gym Both Sides			
1:30-2:00																
2:00-2:30	LIPPMAN 2-3:30pm		LIPPMAN 2-3:30pm				LIPPMAN 2-3:30pm									
2:30-3:00																
3:00-3:30																
3:30-4:00	Lippman Boys		Lippman girls		Lipp.BoysBB 3:45-5				Lippman BB 3:45-5							
4:00-4:30	Bball 3:45-5		B Ball 3:45-5													
4:30-5:00					Basketball 4:30-6pm		After School 5:00-6:00		Family Gym Time		After School 5:00-6:00					
5:00-5:30	After School 5:00-6:00		After School 5:00-6:00						After School 5:00-6:00							
5:30-6:00									Bootcamp (Fee Class)		Shaw JCC Hours Mon.-Fri.5:00 a.m. - 9:00 p.m. Fri. 5:00 a.m.-6:00 p.m. (Shabbat) Sat./Sun. 7:00 a.m.-6:00 p.m.					
6:00-6:30																
6:30-7:00																
7:00-7:30																
7:30-8:00																
8:00-8:30																
8:30-9:00																
NOTE - Gym Reserved:	November 28 & 29: Building open 8am-1pm 11/18 & 11/25: 4:30-6:15 pm Gymnastics w/ Ms Jackie / 11/22: 3:30-4:15pm Gymnastics w/ Ms. Jackie															