

JC Health & Fitness Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM	Closed	Open Gym	JC Runners/Open Gym	Open Gym	JC Runners/Open Gym	Open Gym	
6:00-7:00 AM	Closed	JC Athletics	JC Athletics	JC Athletics	JC Athletics	JC Athletics	
7:00-8:00 AM	Closed	JC Fit - TRX/Kettle Bell 100	Open Gym	JC Fit - TRX/Kettle Bell 100	Open Gym	JC Fit 100	
8:00-9:00 AM		JC Fit 100	JC Fit 200	JC Fit 100	JC Fit 200	JC Fit 200	JC Fit Cardio/Row Club 100 - 400
9:00-10:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Core Strength and Stability
10:00-11:00 AM		Active Adults	Open Gym	Active Adults	Open Gym	Active Adults	Open Gym 10 am - 12 pm
11:00-3:00 PM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Close at 12 pm
3:00-4:30 PM		JC Athletics	JC Athletics	JC Athletics	JC Athletics		
4:30-5:30 PM		JC Fit 200	JC Fit 200	JC Fit 200	JC Fit 200	Close 4:30 pm	
5:30-6:30 PM		JC Kickboxing	JC Fit 300/400	JC Fit 300/400	JC Kickboxing		
6:30-7:30 PM		Open Gym	Open Gym	Open Gym	\$ Self-Defense Class \$		
		Close	Close	Close	Close		