

JC Health & Fitness Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM	Closed	FITWAVE	JC Runners/Open Gym	Open Gym	JC Runners/Open Gym	FITWAVE	
6:00-7:00 AM	Closed	FITWAVE Athletics	FITWAVE Athletics	TEAMWAVE Athletics	FITWAVE Athletics	FITWAVE Athletics	
7:00-8:00 AM	Closed	TRX/Kettle Bell	Open Gym	TEAMWAVE	Open Gym	TRX/ KB	
8:00-9:00 AM		FITWAVE	FITWAVE	TEAMWAVE	FITWAVE	FITWAVE	TEAMWAVE
9:00-10:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	BEGINNER FITWAVE OLY LIFTING TECHNIQUE
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		FITWAVE Athletics	FITWAVE Athletics	TEAMWAVE Athletics	FITWAVE Athletics		
4:30-5:30 PM		FITWAVE	FITWAVE	FITWAVE	FITWAVE	Close 4:30 pm	
5:30-6:30 PM		BEGINNER FITWAVE OLY LIFTING TECHNIQUE	BEGINNER FITWAVE OLY LIFTING TECHNIQUE	BEGINNER FITWAVE OLY LIFTING TECHNIQUE	BEGINNER FITWAVE OLY LIFTING TECHNIQUE		
6:30-7:30 PM		Open Gym	Open Gym	Open Gym	Open Gym		
		Close	Close	Close	Close		

