

JC Health & Fitness **Sandwich** Class Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00-6:00 AM	Closed	FITWAVE	Open Gym	TEAMWAVE	Open Gym	FITWAVE	
6:00-7:00 AM	Closed	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
7:00-8:00 AM	Closed	FITWAVE	FITWAVE	TEAMWAVE	FITWAVE	FITWAVE	
8:00-9:00 AM		FITWAVE Kids Corner	FITWAVE	TEAMWAVE Kids Corner	FITWAVE	FITWAVE Kids Corner	Open Gym
9:00-10:00 AM		Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
10:00-11:00 AM		Active Adults	Open Gym	Active Adults	Open Gym	Active Adults	
11:00-2:00 PM		Open Gym	Open Gym	Open Gym	Open Gym	Close at 12 pm	Close at 12 pm
3:00-4:15 PM		FITWAVE Athletics	FITWAVE Athletics	TEAMWAVE Athletics	FITWAVE Athletics		
4:30-5:30 PM		FITWAVE	FITWAVE	TEAMWAVE	FITWAVE		
5:30-6:30 PM		FITWAVE	FITWAVE	TEAMWAVE	FITWAVE		
6:30 PM		Close	Close	Close	Close		
							Revised 9-15-21

