

Al Sloman Gym Schedule



Sidney Albert
Albany JCC

MARCH 12-May 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00am Open Gym	5:30-9:00am Open Gym whole Gym	5:30-9:00 am Open Gym Whole Gym	5:30-9:00 am Open Gym Whole Gym	5:30-9:00 am Open Gym Whole Gym	5:30-9:00 am Open Gym Whole Gym	7:00-11:00 am Open Gym
8:00-11:00am Adult Pick up Whole Gym	9:00-10:00 am Jazzercise	9:00-1:00 pm Camp Early Childhood classes Whole Gym	9:00-1:00 pm Camp Early Childhood Classes Whole Gym Early Childhood	9:00-1:00 pm Early Childhood Classes Whole Gym Early Childhood	9:00-10:00 am Jazzercise	11:00-2:00 pm Open Gym Whole Gym
11:00-1:00 pm 1/2 family Curtain down	1:00-2:00 pm Amaz. Athletes 1/2 Gym	1:00-2:00 pm Amaz. athletes 1/2 Gym	1:00-3:00 pm Open Gym Whole Gym	1:00-3:00 pm Open Gym Whole Gym	1:00-3:00 pm Open Gym Whole Gym	2:00-4:00 pm 1/2 Family 1/2 open Gym
11:00-1:00 pm 1/2 Open Gym	2:00-3:00 pm Open Gym whole Gym	2:00-3:30 pm Open Gym Whole Gym	3:00-4:30 1/2 open 3:00-4:30 pm 1/2 Kaleidoscope	3:00-5:45 pm 1/2 open Gym	3:00-5:15 pm 1/2 Gym Kaleidoscope	4:00-6:45 pm teen Pick Up Whole Gym
1 pm-6:45 pm Open Gym Whole Gym open gym Whole Gym	3:00- 5:00 1/2 open 1/2 Kaleidoscope	3:30-4:40 pm Amaz. Athletes 1/2 Gym 3:30-5 pm 1/2 Gym kaleidoscope	4:30-8:00 pm Adult Pickup (Whole Gym) 8:00 -9:45 pm Open Gym Whole Gym	5:30-9:45 pm Open Gym Whole Gym	3-5:30 pm 1/2 TeenPickup 1/2 Open Gym 5:30-6:45 pm Open Gym Whole Gym	CLOSED
Open Gym Whole Gym	9:45 Open Gym whole Gym	5:30- 9:45 pm Volleyball Leag. Whole Gyn			Closed	

Gym Schedule Subject to Change
