Al Sloman Gym Schedule

Sidney Albert Albany JCC

October 16-March 2017

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 Whole 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
11:00-12:30pm 1/2 family Curtain down	Early Childhood Classes whole Gym				Early Childhood Classes Whole Gym	
11:00-12:30pm 1/2 Open Gym	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 Curtain Down
12:30-3:45 pm CYO Basketball	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	3:00-5:45 pm 1/2 open Gym		
	3:00- 5:00 1/2 open	3:30-4:40 pm Amaz. Athletes 1/2 Gym	3:00-4:30 pm 1/2 Kaleidoscope	3:00-5:45 pm 1/2 Gym Kaleidoscope	3-5:30 pm 1/2 TeenPickup 1/2 Open Gym	4:00-6:45 pm Teen Pick up Whole Gym
4 pm-10pm Mens leag. Whole Gym	1/2 Kaleidoscope	3:30-5 pm 1/2 Gym kaleidoscope	4:30-8:00 pm Adult Pickup (Whole Gym)	5:45-9:45 pm CYO Basketball Whole Gym	5:30-6:45 pm Open Gym Whole Gym	CLOSED
	5:00- 5:45 pm Open Gym		8:00 -9:45 pm CYO Basketball Whole Gym		Closed	
	5:45-9:45 pm CYO Basketball whole Gym	5:30- 9:45 pm Volleyball Leag. Whole Gyn				

****** Gym Schedule Subject to Change ******