

Sept. 2018-October 2018



Sidney Albert
Albany JCC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00am Open Gym	5:30-9:00am Open Gym	5:30-10:00 am Open Gym	5:30-10:00 am Open Gym	5:30-10:00 am Open Gym	5:30-9:00 am Open Gym	7:00-2:00PM Open Gym
8:00-11:00am Adult Pick up Whole Gym	Whole Gym	Whole Gym	Whole Gym	Whole Gym	Whole Gym	Whole Gym
	9am-10 Jazzercise				9am-10 Jazzercise	
11:00-12:30 pm 1/2 family Curtain down	10:00-1:00pm Early Childhood Classes Whole Gym	10am-12 Early Childhood classes Whole Gym	10am-12 Early Childhood Classes Whole Gym	10am-12 Early Childhood Classes Whole Gym	10am-12 Early Childhood Classes Whole Gym	Open Gym
	12:00-3:00 pm Open Gym	12pm-1-Open 1:00-2:00 pm Amaz. Athletes 1/2 Gym	12pm-1-open 1:00-2:00 pm Amaz. Athletes 1/2 Gym	12-3:00pm Open Gym	1:00-3:00 pm Open Gym	Open Gym
11:00-3:45 pm Open Gym	Whole Gym	2:00-3:30 pm Open Gym	1 pm -2 pm 1/2 Open	Whole Gym	Whole Gym	2:00-4:00 pm 1/2 Family 1/2 Open Gym
Whole Gym		Whole Gym	2 pm- 3 pm Open Gym	3:00-5:15 pm 1/2 Open Gym		Open Gym Whole Gym
3:45pm-10 Mens League Whole Gym start 9-16-18	3:00- 5:00 pm 1/2 open	3:30-5:00 pm 1/2 Open Gym	3 pm-4:30 pm 1/2 Gym Kaleidoscope	3:00-5:15 pm 1/2 Gym Kaleidoscope	3-5:30 pm 1/2 TeenPickup 1/2 Open Gym	Teen Pick Up Whole Gym
	5:00- 6:30 pm Open Gym Whole Gym	3:30-5 pm 1/2 Gym Kaleidoscope	3 pm- 4:30 pm 1/2 Open 4:30 pm-8 pm Adult pickup Whole Gym	5:15-6:00 pm Open Gym Whole Gym	5:30-6:45 pm Open Gym Whole Gym	CLOSED
	5:30- 9:45 pm Volleyball Leag. Whole Gym	8 -9:45 pm Open Gym	Whole Gym	Closed		

Gym Schedule Subject to Change
