



GYM

Fall Schedule • September 1 – October 31

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------------------------------------|--|---|--|---|---|
| 6 – 7 AM BOOT CAMP | 5:30 – 9 AM OPEN GYM | 6 – 7 AM BOOT CAMP | 5:30 – 9 AM OPEN GYM | 6 – 7 AM BOOT CAMP | 7 – 8 AM OPEN GYM | 7 – 8 AM OPEN GYM |
| 7 – 9 AM OPEN GYM | 9 AM – NOON ECC GYM CLASSES | 7 – 9 AM OPEN GYM | 9 AM – NOON ECC GYM CLASSES (9:30-10:00 ECC ENRICHMENT) | 7 – 9 AM OPEN GYM | 8 – 9 AM BOOT CAMP | 8 – 10:30 AM ADULT DROP IN BASKETBALL |
| 9 AM – NOON ECC GYM CLASSES | NOON – 2 PM OPEN GYM | 9 AM – NOON ECC GYM CLASSES | NOON – 3 PM OPEN GYM | 9 AM – NOON ECC GYM CLASSES | 9 – 10:30 AM ADULT DROP IN BASKETBALL | 10:30 – 11:30 AM DROP IN PICKLEBALL |
| NOON – 2 PM OPEN GYM | 2 – 3 PM DROP IN PICKLEBALL | NOON – 1 PM DROP IN PICKLEBALL | 3 – 3:30 ECC ENRICHMENT | NOON – 2 PM OPEN GYM | 10:30 – NOON FAMILY GYM | NOON – 5:45 PM OPEN GYM |
| 2 – 3:30 PM GYM RESERVED FOR HIGHLAND FRIENDSHIP CLUB | 3 – 4 PM OPEN GYM | 1 – 2:30 PM OPEN GYM | 3:30 – 6 PM ECC and CLUB J | 2 – 3 PM DROP IN PICKLEBALL | NOON – 2 PM TEEN DROP IN BASKETBALL | |
| 3:30 – 6 PM ECC & CLUB J | 4 – 6 PM ECC & CLUB J | 2:30 – 3 PM ECC ENRICHMENT | 6 – 10 PM OPEN GYM | 3:30 – 5 PM ECC & CLUB J | 2 – 3 PM DROP IN PICKLEBALL | |
| 6 – 10 PM OPEN GYM | 5 – 9:50 PM OPEN GYM | 3 – 5 PM ECC and CLUB J | | 5 – 5:50 PM OPEN GYM | 3 – 5:50 PM OPEN GYM | |
| | | 5 – 7 PM MENS DROP IN BASKETBALL | | | | |
| | | 7 – 10 PM OPEN GYM | | Gym schedule is subject to change on a daily basis due to programming and gym rental. Please call for any changes prior to coming. | | |

Contact Tara Freiberg 651 + 255 4761 or taraf@stpauljcc.org for more information.

