

Spring

Health & Wellness

Gym

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 – 6 AM OPEN GYM	5:30 – 8:15 AM OPEN GYM	5:30 – 6 AM OPEN GYM	5:30 – 9 AM OPEN GYM	5:30 – 9 AM OPEN GYM	7 – 9 AM OPEN GYM	7 – 8 AM OPEN GYM
6:15 – 7:15 AM GROUP COACHING - BUILD	8:15 – 9 AM OPEN GYM	6:15 – 7:15 AM GROUP COACHING - BUILD	8:15 – 9 AM OPEN GYM	6:15 – 7:15 AM GROUP COACHING - BUILD	9 – 11 AM ADULT DROP IN BASKETBALL	8 – 10:30 AM ADULT DROP IN BASKETBALL
7:15 – 9 AM OPEN GYM	9 AM – NOON ECC GYM CLASSES	7:15 – 9 AM OPEN GYM	9 AM – NOON ECC GYM CLASSES	7:15 – 9 AM OPEN GYM	11 AM – 1 PM FAMILY GYM	10:45 AM – 2:30 PM PICKLEBALL LEAGUE
9 AM – NOON ECC GYM CLASSES	NOON – 2 PM OPEN GYM	9 AM – NOON ECC GYM CLASSES	NOON – 1:30 PM DROP IN PICKLEBALL	9 AM – NOON ECC GYM CLASSES	1 – 3 PM TEEN DROP IN BASKETBALL	2:30 – 4 PM DROP IN PICKLEBALL
NOON – 3 PM OPEN GYM	2 – 3:30 PM DROP IN PICKELBALL	NOON – 3 PM OPEN GYM	1:30 – 3:30 PM OPEN GYM	NOON – 5:45 PM OPEN GYM	3 – 4:30 PM DROP IN PICKLEBALL	4 – 5:45 PM YOUTH BASKETBALL
3 – 4 PM ECC ENRICHMENT	3:30 – 4:30 PM CLUB J	3:30 – 4:30 PM CLUB J	3:30 – 4:30 PM CLUB J		4:30 – 5:45 PM OPEN GYM	
4 – 9:45 PM OPEN GYM	4:30 – 7 PM ADULT DROP IN BASKETBALL	4:30 – 5:30 PM OPEN GYM	4:30 – 6:30 PM OPEN GYM			
	7 – 9:45 PM OPEN GYM	4:30 – 5:30 PM OPEN GYM	6:30 – 8:30 PM PICKLEBALL LEAGUE	<p>Questions? Contact Drew Devore at 651.255.4761 or drewd@minnesotajcc.org</p> <p><i>Gym schedule is subject to change on a daily basis due to programming and gym rental.</i></p>		
		5:30 – 9:30 PM PICKLEBALL LEAGUE	8:30 – 9:45 PM OPEN GYM			