

Fall

Health & Wellness

Gym

Minnesota JCC
Capp Center St. Paul



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM-3 PM OPEN GYM	5:30 AM – NOON OPEN GYM	5:30 – 3 PM OPEN GYM	5:30 – NOON OPEN GYM	5:30 – 3 PM OPEN GYM	7 – 9 AM OPEN GYM	7 – 8 AM OPEN GYM
3 – 4:30 PM CLUB J	NOON – 2 PM OPEN GYM	3 – 4:30 PM CLUB J	NOON – 1:30 PM DROP IN PICKLEBALL	3 – 4:30 PM CLUB J	9 – 11 AM ADULT DROP IN BASKETBALL	8 – 10:30 AM ADULT DROP IN BASKETBALL
4:30 – 9:45 PM OPEN GYM	2 – 3:30 PM DROP IN PICKELBALL	4:30 – 5:30 PM OPEN GYM	1:30 – 3:00 PM OPEN GYM	4:30-9 PM OPEN GYM	11 AM – 1 PM FAMILY GYM	10:30 AM – 12:30 PM DROP IN PICKLEBALL
	3:30 – 4:30 PM CLUB J	5:30 – 8 PM PICKLEBALL LEAGUE	3 – 4:30 PM CLUB J		1 – 3 PM T EEN DROP IN BASKET BALL	12:30-4:30 PM YOUTH BASKET BALL
	4:30 – 7 PM ADULT DROP IN BASKETBALL	8 – 9:45 PM OPEN GYM	4:30 – 5:30 PM OPEN GYM		3 – 4:30 PM DROP IN PICKLEBALL	4:30 – 5:45 PM OPEN GYM
	7 – 9:45 PM OPEN GYM		5:30 – 8 PM PICKLEBALL LEAGUE		4:30 – 5:45 PM OPEN GYM	
			8 – 9:45 PM OPEN GYM			
				<p>Questions? Contact Parker Buckley at 651.255.4761 or parkerb@minnesotajcc.org</p> <p><i>Gym schedule is subject to change on a daily basis due to programming and gym rental.</i></p>		