



January 2012 Gymnasium Schedule

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday		
	North	South	North	South	North	South	North	South	North	South	North	South	North	South	
6:00 AM											GYM OPENS AT 9:00		GYM OPENS AT 8:00		
6:30 AM															
7:00 AM															
7:30 AM															
8:00 AM															
8:30 AM															
9:00 AM	LIVING WELL WITH A CHRONIC CONDITION			ON THE MOVE	TRX KETTLEBELL		LIVING WELL WITH A CHRONIC CONDITION	ON THE MOVE	TRX KETTLEBELL						
9:30 AM		LIVING WELL MAINTENANCE PROGRAM	LIVING WELL MAINTENANCE PROGRAM					LIVING WELL MAINTENANCE PROGRAM							
10:00 AM															
10:30 AM	JCC MIGHTY MUNCHKINS	LIVING WELL MAINTENANCE PROGRAM	LIVING WELL MAINTENANCE PROGRAM	PRIVATE BOOKING	JCC MIGHTY MUNCHKINS	LIVING WELL MAINTENANCE PROGRAM							JCC FAMILY FUN	LITTLE JOCKS	
11:00 AM															
11:30 AM															
12:00 PM															
12:30 PM															
1:00 PM	LIVING WELL WITH A CHRONIC CONDITION	LIVING WELL MAINTENANCE PROGRAM	PRIVATE BOOKING	PRIVATE BOOKING	LIVING WELL WITH A CHRONIC CONDITION	LIVING WELL MAINTENANCE PROGRAM	KIDS R US								
1:30 PM															
2:00 PM															
2:30 PM															
3:00 PM								LIVING WELL WITH A CHRONIC CONDITION	SPORTBALL 3-4Y						
3:30 PM									SPORTBALL 4-5Y						
4:00 PM	INTERVAL TENNIS		ROCK CLIMBING		BADMINTON	JCC AFTER SCHOOL			JCC AFTER SCHOOL						
4:30 PM		JCC AFTER SCHOOL		FLOOR HOCKEY						JCC AFTER SCHOOL					
5:00 PM															
5:30 PM															
6:00 PM							TEAM TRAINING								
6:30 PM															
7:00 PM															
7:30 PM															
8:00 PM															
8:30 PM			ADULT BASKETBALL	TEAM TRAINING											
9:00 PM															
	Gym Closes 9:30 PM		Gym Closes 9:30 PM		Gym Closes 9:30 PM		Gym Closes 9:30 PM		Gym Closes 6:00		Gym Closes 8:30 PM		Gym Closes 8:30 PM		

JCC PROGRAMS PRIVATE BOOKING HEAVENS FITNESS CALGARY HEALTH REGION

Schedule is subject to change.
Changes will be posted with 48 hours notice.