

# JCC of Greater Baltimore Fitness Center

## SINGLE GENDER FITNESS TOO!

**RED** = FEMALE ONLY, **PURPLE** = MALE ONLY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00am-12:45pm WOMEN	5:30-7:10am MEN	5:30-7:10am WOMEN	5:30-7:10am MEN	5:30-7:10am WOMEN	5:30-7:10am WOMEN
	7:15-10:40am WOMEN	7:15-10:40am MEN	7:15-10:40am WOMEN	7:15-10:40am MEN	7:15-8:55am MEN
12:50pm-6:45pm MEN	10:45am-1:55pm MEN	10:45am-1:55pm WOMEN	10:45am-1:55pm MEN	10:45am-1:55pm WOMEN	9:00am-12:25pm WOMEN
	2:00-4:40pm WOMEN	2:00-4:40pm MEN	2:00-4:40pm WOMEN	2:00-4:40pm MEN	12:30-5:15pm MEN
	4:45-7:00pm MEN	4:45-7:00pm WOMEN	4:45-7:00pm MEN	4:45-7:00pm WOMEN	
	7:05-9:15pm WOMEN	7:05-9:15pm MEN	7:05-9:15pm WOMEN	7:05-9:15pm MEN	

