

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	12:30-3:45pm 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	

MOTZEI SHABBOS

The JCC is open from 7:30pm-10:30pm on Saturdays from November 11, 2023- March 9, 2024

NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
November 11	December 2	January 6	February 3	March 2
M, 7:30-8:55pm	W, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm
W, 9:00-10:15pm	M, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm
November 18	December 9	January 13	February 10	March 9
W, 7:30-8:55pm	M, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm
M, 9:00-10:15pm	W, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm
November 25	December 16	January 20	February 17	
M, 7:30-8:55pm	W, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm	
W, 9:00-10:15pm	M, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm	
	December 23	January 27	February 24	
	M, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm	
	W, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm	
	December 30			
	W, 7:30-8:55pm			
	M, 9:00-10:15pm			

