

# 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 9, 2024- March 8, 2025

NOVEMBER	DECEMBER	JANUARY	FEBRUARY	MARCH
<b>November 9</b>	<b>December 7</b>	<b>January 4</b>	<b>February 1</b>	<b>March 1</b>
M, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm
W, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm
<b>November 16</b>	<b>December 14</b>	<b>January 11</b>	<b>February 8</b>	<b>March 8</b>
W, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm
M, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm
<b>November 23</b>	<b>December 21</b>	<b>January 18</b>	<b>February 15</b>	
M, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm	M, 7:30-8:55pm	
W, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm	W, 9:00-10:15pm	
<b>November 30</b>	<b>December 28</b>	<b>January 25</b>	<b>February 22</b>	
W, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm	W, 7:30-8:55pm	
M, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm	M, 9:00-10:15pm	

