



Weinberg Park Heights JCC

Single Gender Fitness TOO!

Red = Female Only, **Blue** = Male Only

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 am - 12:45 pm WOMEN	5:30 - 7:10 am MEN	5:30 - 7:10 am WOMEN	5:30 - 7:10 am MEN	5:30 - 7:10 am WOMEN	5:30 - 7:10 am WOMEN
	7:15 - 10:40 am WOMEN	7:15 - 10:40 am MEN	7:15 - 10:40 am WOMEN	7:15 - 10:40 am MEN	7:15 - 8:55 am MEN
12:50 - 6:45 pm MEN	10:40 am - 1:55 pm MEN	10:40 am - 1:55 pm WOMEN	10:40 am - 1:55 pm MEN	10:40 am - 1:55 pm WOMEN	9:00 am - 12:25 pm WOMEN
	2:00 - 4:00 pm WOMEN	2:00 - 4:00 pm MEN	2:00 - 4:00 pm WOMEN	2:00 - 4:00 pm MEN	12:30 - 3:45 pm MEN
	4:45 - 7:00 pm MEN	4:45 - 7:00 pm WOMEN	4:45 - 7:00 pm MEN	4:45 - 7:00 pm WOMEN	
	7:05 - 9:15 pm WOMEN	7:05 - 9:15 pm MEN	7:05 - 9:15 pm WOMEN	7:05 - 9:15 pm MEN	