



# JCC of Greater Buffalo

updated 9/29/21

Benderson Family Building

Gym Schedule

Schedules also available via the My J app. Walk-ins welcome.

Key: **Open** | **Group Fitness Classes** | **Pick-up** | **Private**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pick-up Basketball Full Court 8:00-9:00am	Pick-up Basketball Full Court 5:30-9:00am	Pick-up Basketball Full Court 5:30-9:00am	Pick-up Basketball Full Court 5:30-7:30am	Pick-up Basketball Full Court 5:30-9:00am	Pick-up Basketball Full Court 5:30-9:00am	Pick-up Basketball Full Court 8:00-9:00am
Ultimate Power Jodee/Rene 9:00-10:30am	Early Childhood 9:00-12:00pm	Early Childhood 9:00-12:00pm	Cardio Kickboxing Jodee/Rene 7:30-8:30am	Early Childhood 9:00-12:00pm	Early Childhood 9:00-12:00pm	Rock Steady Boxing 9:00-10:30am
Pick-up Basketball Full Court 10:30-12:30pm	Tai Chi 12:00-1:30pm	Rock Steady Boxing 11:40am-3:00pm	Early Childhood 8:30-12:00pm	Rock Steady Boxing 11:40am-3:00pm	Tai Chi 12:00-1:30pm	Open Pickleball 10:30-12:30pm
Open Gym 12:30-5:00pm	Early Childhood & Kids' Place 1:30-6:00pm	Early Childhood & Kids' Place 3:00-6:00pm	Tai Chi 12:00-1:30pm	Early Childhood & Kids' Place 3:00-6:00pm	Early Childhood & Kids' Place 1:30-6:00pm	Open Gym 12:30-5:00pm
	Pick-up Basketball Full Court 6:00-8:00pm	Pick-up Basketball Full Court 6:00-8:00pm	Early Childhood 1:30-5:00pm	Pick-up Basketball Full Court 6:00-8:00pm	Pick-up Basketball Full Court 6:00-8:00pm	
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