



# Spring 2026 Gym Schedule

Starting:  
5/26/2026

JCCNS GYM

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SIDE A <b>6-9am</b> Fitness  SIDE B <b>6-9am</b> Open Gym	SIDE A <b>6-9am</b> Fitness  SIDE B <b>6-9am</b> Open Gym	SIDE A <b>6-9am</b> Fitness  SIDE B <b>6-8am</b> Open Gym <b>8-9am</b> EHS	SIDE A <b>6-9am</b> Fitness  SIDE B <b>6-8am</b> Open Gym <b>8-9am</b> EHS	SIDE A <b>6-9am</b> Fitness  SIDE B <b>6-8am</b> Open Gym <b>8-9am</b> EHS	SIDE A+B <b>7-8:30am</b> Pickleball Reservation Time 3 Courts  SIDE A+B <b>8:30-11:30am</b> Pickleball Open Play 3 Courts	SIDE A + B <b>7-8am</b> Open Gym  SIDE A+B <b>8-11am</b> Adult Rec Basketball
SIDE A+B <b>9am-12pm</b> JCC ECP	SIDE A+B <b>9am-12pm</b> JCC ECP	SIDE A <b>9-11am</b> JCC ECP  SIDE B <b>9-11am</b> EHS	SIDE A <b>9am-12pm</b> JCC ECP  SIDE B <b>9-9:30am</b> EHS <b>9:30am-12pm</b> JCC ECP	SIDE A <b>9-10am</b> JCC ECP  SIDE B <b>9-10am</b> EHS	SIDE A+B <b>10am-12pm</b> JCC ECP	SIDE A+B* <b>11am-5pm</b> Open Gym
SIDE A+B <b>12-3pm</b> Pickleball Open Play 3 Courts  <b>1:30-3pm</b> 1 court Pickleball Slow-Play	SIDE A+B <b>12-3pm</b> Pickleball Open Play 3 Courts	SIDE A <b>11am-3pm</b> JCC ECP  SIDE B <b>11am-3pm</b> EHS	SIDE A <b>12pm-3pm</b> JCC ECP  SIDE B <b>12pm-3pm</b> EHS	SIDE A+B <b>12pm-3pm</b> Pickleball Open Play  <b>1:30-3pm</b> 1 court Pickleball Slow-Play	SIDE A+B <b>11:30am -1pm</b> Pickleball Reservation time 3 Courts  SIDE A+B* <b>1-5pm</b> Open Gym	
SIDE A <b>3-4pm</b> J Adv <b>4-5pm</b> JCC ECP  SIDE B <b>3-5pm</b> J Adv	SIDE A+B <b>3-5pm</b> J Adv	SIDE A <b>3-5pm</b> J Adv  SIDE B <b>3-5pm</b> J Adv	SIDE A+B <b>3-5pm</b> J Adv	SIDE A <b>3-5pm</b> JCC ECP  SIDE B <b>3-4pm</b> J Adv <b>4-6pm</b> Open Gym		
SIDE A+B <b>5-7pm</b> Open Gym	SIDE A+B <b>5-8pm</b> Open Gym	SIDE A+B <b>5-7pm</b> Open Gym	SIDE A <b>5-7pm</b> Swim Team  SIDE B <b>5-7pm</b> Pickleball Lessons		*Gym Birthday parties maybe added in ½ gym Sat/Sun afternoons.	Trouble getting a pickleball court reservation please contact Andrew at adalton@jccns.com
SIDE A+B <b>7-9pm</b> 4on4 Hoop League		SIDE A <b>7-9pm</b> Int. Volleyball** SIDE B <b>7-9pm</b> 4on4 Hoops	SIDE A + B <b>7-9pm</b> 4on4 Hoop League		<b>**MEET UP Adult Intermediate Volleyball is for JCCNS members. Please register online at <a href="https://www.meetup.com/volleyball-122/">https://www.meetup.com/volleyball-122/</a></b>	

\*See Pickleball Schedule

**KEY:** JCC ECP - JCC Early Childhood / J Adv - J Adventure Class / EHS - Epstein Hillel School