

## Bullock Community and Recreation Center

## 1428 Broad Street Selma, Al 36701 Phone # 334-553-2736

## January 2024 Calendar

January 2024 Calendar										
Sun	1. Monday 9-3:30: Open Gym 9-1:45: Open Fitness Rm 2-3: Silver Sneakers (F) 3-5:30: Open Fitness Rm	2. Tuesday 9-1:45: Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers (G) 3-5:00: Gym	3. Wednesday 9-5: Open Gym 9-1:45: Open Fitness Rm 1-3- Legal Clinic 2-3: Silver Sneakers(F) 3-5:45: Open Fitness Rm	4. Thursday 9-1:45- Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers(G) 3-5:15: Open gym 5:30-6:30: Zumba	5. Friday 9-5:30- Open Gym 9-5:45- Open Fitness Rm	6. Saturday 9-1: Open Gym 9-1: Open Fitness Rm				
7. Sun 1pm - 4:30 Gym 1pm 4:30 Fitness Room	8. Mon 9-3:30: Open Gym 9-1:45: Open Fitness Rm 10-11: Bible Study BIRLE Study 11-12: Computer Education 2-3: Silver Sneakers (F) 3-5:30: Fitness Rm 5:30-6:30: Zumba	9. Tue 9-1:45: Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers (G) 3-5:00: Gym	10. Wed 9-5: Open Gym 9-1:45: Open Fitness Rm 11-12: Computer Education 2-3: Silver Sneakers(F) 3-5:45: Fitness Rm	11. Thu 9-1:45- Open Gym 9-5:30: Open Fitness Rm 11-12: Computer Education 2-3: Silver Sneakers(G) 3-5:15: Open Gym 5:30-6:30: Zumba	12. Fri 9 – 5:30: Gym 9 – 5:30: Open Fitness Rm. 10:30-11:30: Bingo 1-3: Spades and Domino's	13. Sat 9-1: Open Gym 9 -1:00: Open Fitness Rm				
14 Sun 1pm - 4:30 Open Gym 1pm - 4:30 Open Fitness Room	15. Mon 9-3:30: Open Gym 9-1:45: Open Fitness Rm 10-11: Bible Study BIRLE Study 11-12: Computer Education 2-3:00: Silver Sneakers(F) 5:30-6:30: Zumba	16. Tue 9-1:45: Open Gym 9-5:30: Open Fitness Rm 2-3: Silver Sneakers (G) 3-5:15: Gym	17. Wed 9-5: Open Gym 9-1:45: Open Fitness Rm 11-12: Computer Education 1-2:30 Arts & Crafts 2-3: Silver Sneakers(F) 3-5:45: Open Fitness Rm	18. Thu 9-1:45- Open Gym 9-5:30: Open Fitness Rm 11-12: Computer Education 2-3: Silver Sneakers(G) 3-5:15-Gym 5:30-6:30 Zumba	19. Fri 12–5:30: Open Gym 9 – 5:30: Open Fitness Rm 1-3: Spades and Domino's	20. Sat. 9-1: Open Gym 9 -1:00: Open Fitness Rm				



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	T	T	T	T	1	T
21 <u>Sun</u>	22. <u>Mon</u>	23. <u>Tue</u>	24. <u>Wed</u>	25. <u>Thu</u>	26. <u>Fri</u>	27. <u>Sat</u>
	9-3:30: Open	9-1:45: Open	9-5: Open Gym	9-1:45- Open	9 – 5:30: Gym	9-1:00: Open
1 4.20	Gym	Gym	9-1:45: Open	Gym	9 – 5:30: Open	Gym
1-4:30	9-1:45: Open	9-5:30: Open	Fitness	9-5:30: Open	Fitness Rm.	9-1:00: Open
Open	Fitness Rm	Fitness	11-12: Computer	Fitness Rm	1-3: Spades	Fitness Rm
Gym	10-11- Bible	1-5: U.A.B.	Education	12-1:00	and Domino's	
1 4.20	Study	Mobile Wellness	<b>4</b>	Computer		
1- 4:30	BIRLE	(Health	<b>4008</b>	Education		
Open	Study	Screenings)	2-3: Silver			
Fitness	11-12: Computer	2-3: Silver	Sneakers(F)			
	Education	Sneakers(G)	3-5:45: Open	1-2: Cooking		
		3-5:15: Gym	Fitness Rm	Demo		
				2-3: Silver		
	2-3:00: Silver			Sneakers(G)		
	Sneakers(F)			3-5:15-Gym		
	4:00-5:00- Dance			5:30-6:30		
	5:30-6:30:			Zumba		
	Zumba					
28. <u>Sun</u>	29. Mon	30. <u>Tue</u>	31. <u>Wed</u>			
1 201 <u>5411</u>	9-3:30: Open	9-1:45: Open	9-500: Open Gym			
1-4:30	Gym	Gym	9-1:45: Open			
Open	9-1:45: Open	9-5:30: Fitness	Fitness Rm			
Gym	Fitness Rm	Rm	11-12: Computer			
	10-11: Bible	2-3: Silver	Education			
1 -4:30	Study	Sneakers (G)	<b>€</b> [ac]]			
Open	BIBLE	3-5:15: Open				
Fitness	Study	Gym	2-3: Silver			
Rm	11-12: Computer	,	Sneakers(F)			
	Education		3-5:45: Open			
	<b>(</b>		Fitness Rm			
			Titliess Kill			
	2-3: Silver					
	Sneakers (F)					
	3:45-5:15: Dance					
	3-5:30: Fitness					
	Rm					
	5:30-6:30:					
	Zumba					
					1	