

Kingston YMCA // Effective: April 10, 2025

# Gym Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	7:00-8:00am Open Gym	7:00-9:00am Open Gym
9:30-10:20am Cardio Blast	9:30-10:20am CSI	9:30-10:20am Circuit	9:30-10:20am Total Body Sculpt	9:15-11:00am Reserved	8:00am-12pm Youth Basketball (Registered Program)	9:00am-12pm Youth Volleyball (Registered Program)
11:00am-2:00pm Pickleball	10:45am-1:30pm Pickleball	10:45-11:30am Reserved	10:45am-1:30pm Pickleball	11:00am-6:30pm Open Gym	12:15-3:30pm Open Gym	12:15-3:30pm Open Gym
2:15-6:15pm Open Gym	2:00-2:30pm Reserved	11:45am-1:30pm Open Gym	1:45-8:30pm Open Gym			
6:30-8:30pm Adult Drop-In Basketball (ages 16+)	2:30-5:00pm Open Gym	1:45-2:30pm Reserved				
	5:30-6:30pm Rip	2:45-4:45pm Open Gym				
	7:00-8:30pm Open Gym	5:00-6:30pm Pickleball				
		6:30-8:00pm Youth Badminton (Registered Program)				

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- For a full list of class descriptions, visit: [eo.ymca.ca/class-descriptions](https://eo.ymca.ca/class-descriptions)
- Last Updated: April 10, 2025



SCHEDULES