



**YMCA of
Eastern Ontario**
Kingston YMCA

Gymnasium Schedule

Effective: February 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---------------------------------------|----------------------------|---------------------------------------|----------------------------|---------------------------------------|---|
| 7-11:30am Family Open Gym | 6:30-7:15am Early Bird Bootcamp | 6-7:30am Open Gym | 6:30-7:15am Early Bird Bootcamp | 6-7:30am Open Gym | 6:30-7:15am Early Bird Bootcamp | 7-7:30am Open Gym |
| 11:45-3:00pm Rental | 7:30am-10am Open Gym | 8-8:50am Senior Fit | 7:30-9am Open Gym | 8-8:50am Senior Fit | 7:30-9am Open Gym | 8-8:50am CSI |
| | 10am-11:00am CLOSED | 10am-12:30pm Pickleball | 9:30-10:35am Rip | 10am-12:30pm Pickleball | 9:30-10:35am Rip | 9:30-12:45pm Open Gym |
| | 11am-12:30pm Open Gym | | 11am-12:30pm Open Gym | | 11am-12:30pm Open Gym | 1:00-2:30pm Pickleball (until April 10) |
| CLOSED FOR CLEANING Monday to Friday from 1-3pm | | | | | | |
| | 3-5:30pm Open Gym | 3-5pm Open Gym | 3-5pm Open Gym | 3-5pm Open Gym | 3-5:30pm Family Open Gym | |
| | 5:30-6:30pm CLOSED | 5:30-6:20pm Rip | 5:30-7:30pm Pickleball | 5:30-7:30pm Pathways | 5:30-6:30pm CLOSED | |
| | 6:45-7:45pm Rental | 6:40-7:45pm Rental | | | | |

Pickleball and Group Fitness classes are drop-in programs.

Open Gym is limited to 6 members.