



**YMCA of  
Eastern Ontario**  
Kingston YMCA

# Gym Schedule

**Effective: November 23, 2020**

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- 12:30pm Open Gym	8-8:50am Senior Fit	7:30-10:15am Open Gym	8-8:50am Senior Fit	7:30-9:00am Open Gym	8-8:50am CSI	
		10am-12:30pm Pickleball	10:45-11:35am Rip	10am-12:30pm Pickleball	9:30-10:30am Rip	9:30am-2:30pm Open Gym	
					10:45-12:30pm Open Gym		
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>						
		3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-6:30pm Family Open Gym	
		5:30-6:20pm Zumba	5:30-6:20pm Rip	5:30-7:30pm Pickleball	5:30-7:30pm Pathways		
	6:45-7:30pm Open Gym	6:40-7:45pm Rental					

**Pickleball and Group Fitness classes are drop-in programs. A limit of 10 participants per class.**