



**YMCA of  
Eastern Ontario**  
Brockville YMCA

# Gym Schedule

Effective: March 1, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-12:45pm Open Gym	7-8:30am Open Gym	7-9am Open Gym	7-8:30am Open Gym	7-9am Open Gym	7-8:30am Open Gym	7-9:15am Open Gym
	9-9:45am Gym Rental	9:45-10:30am Zumba Gold	9-9:45am Gym Rental	9:45-10:30am GTB	9-9:45am Gym Rental	9:15-10am UCRO
	10:10-11:10am Yoga	11am-12:45pm Pickleball	10:10-11:10am Yoga	11am-12:45pm Pickleball	10:10-11:10am Yoga	10-11:30am Pickleball
	11:30am-12:15pm Chair Yoga		12:20-12:40pm Skip Fit		11:20am-12:05pm Sit Fit	11:30-12pm W.H.E.W
					12:20-12:40pm TB20Power	12-12:45pm Open Gym
	<b>CLOSED FOR CLEANING Monday to Friday from 1-3pm</b>					
	3-4:15pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-5:45pm Open Gym	
	4:30-5:15pm UCRO	5:30-6:15pm Tabata	5:30-6:15pm Yoga-lates	5:30-6:15pm Zumba		
	5:20-5:45pm Foundations	6:30-8pm Karate	6:30-7:45pm Open Gym	6:30-8pm Karate		
	5:50-6:20pm Total Body					