



**YMCA of
Eastern Ontario**
Brockville YMCA

Gym Schedule

Effective: September 1, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-1pm Open Gym	7-9am Pickleball	7-9am Pickleball	7-9am Pickleball	7-9am Pickleball	7-9am Pickleball	7-9:15am Open Gym
	9:45-10:45am Yoga	9:45-10:30am Zumba Gold	9:45-10:45am Yoga	9:45-10:30am GTB	9:45-10:45am Yoga	9:15-10am River Otters Swim Club
	11:15am- 12:15pm Chair Yoga	11am-1pm Open Gym	12:20-12:40pm TB20Cardio	11am-1pm Open Gym	11:15am-12pm Sit Fit	10am-1pm Open Gym
					12:20-12:40pm TB20Cardio	
CLOSED FOR CLEANING Monday to Friday from 1-3pm						
	3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-6pm Open Gym	
	5:30-6:15pm Barre	5:30-6:15pm Tabata	5:30-6:15pm Yoga-lates	5:30-6:15pm Zumba		
	7-8pm Open Gym	7-8pm Open Gym	7-8pm Open Gym	7-8pm Open Gym		