



**YMCA of  
Eastern Ontario**  
Kingston YMCA

# Gym Schedule

Effective: September 1, 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
11:30am- 2:30pm Open Gym	7:15am- 12:30pm Open Gym	8-8:50am Senior Fit	7:15-10:45am Open Gym	8-8:50am Senior Fit	7:45-9:45am Open Gym	8-8:50am CSI
		10am-12:30pm Pickleball	10:45-11:35am Rip	10am-12:30pm Pickleball	9:30-10:20am Rip	9:30am-2:30pm 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		
<b>Pickleball and group fitness classes are drop-in programs.</b>						