



**YMCA of
Eastern Ontario**
Brockville YMCA

Gym Schedule

Effective: November 3, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am-1245pm Open Gym	7-830am Pickleball	7-9am Open Gym	7-830am Pickleball	7-9am Open Gym	7-830am Pickleball	7-915am Open Gym
	9-945am Gym Rental	945-1030am Zumba Gold	9-945am Gym Rental	945-1030am GTB	9-945am Gym Rental	
	10-11am Yoga	11am-1245pm Pickleball	10-11am Yoga	11am-1245pm Pickleball	10-11am Yoga	9:15-10am UCRO
	1115am- 1215pm Chair Yoga		1220-1240pm TB20Cardio		1115am-12pm Sit Fit	10am-1245pm Open Gym
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CLOSED FOR CLEANING Monday to Friday from 1-3pm						
	3-415pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-5pm Open Gym	3-545pm Open Gym	
	430-515pm UCRO	530-615pm Tabata	530-615pm Yoga-lates	530-615pm Zumba		
	530-615pm Barre	630-745pm Open Gym	630-745pm Open Gym	630-745pm Open Gym		
	630-745pm Open Gym					