

Gym Schedule

MON	TUES	WED	THU	FRI	SAT	SUN
5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-8:00am Open Gym	5:30-9:00am Open Gym	7:00-10:00am Open Gym	7:00am-2:45pm Open Gym
8:00-9:30am Pickleball	8:00-10:15am Pickleball	8:00-9:30am Pickleball	8:00-10:15am Pickleball	9:00-11:30am Pickleball	10:00am-12:30pm Basketball Skills & Development	
10:00-11:00am Yoga	10:30-11:15am GTB	10:00-11:00am Yoga	10:30-11:15am GTB	12:00-12:45pm Sit Fit		
11:15-11:45am Open Gym	11:30am-5:45pm Open Gym	11:00-11:30am Tai-Chi	11:30am-5:45pm Open Gym	1:00-3:00pm Open Gym	12:30-2:45pm Open Gym	
12:00-12:45pm Chair Yoga	6:00-8:45pm Karate	11:45am-6:00pm Open Gym	6:00-8:45pm Karate	3:30-4:15pm UCRO Rental		
1:00-3:00pm Open Gym		6:00-7:00pm Youth Ball Hockey		4:15-5:45pm Open Gym		
3:00-4:30pm Pick-up Basketball for Teens		7:00-8:45pm Open Gym				
5:00-7:30pm Work Hard, Eat Well						
7:30-8:45pm Open Gym						

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: January 2, 2024



SCHEDULES