

# Gym Schedule



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

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: March 6, 2024



SCHEDULES