

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	5:30-8:00am Open Gym	7:00-8:00am UCRO Rental	7:00-10:30am Open Gym
8:00-9:45am Pickleball	8:00-10:15am Pickleball	8:00-9:45am Pickleball	8:00-10:15am Pickleball	8:00-9:45am Pickleball	8:00-10:15am Open Gym	10:30-11:15am UCRO Rental
10:00-11:00am Yoga	10:30-11:15am GTB	10:00-11:00am Yoga	10:30-11:15am GTB	10:00-11:00am Yoga	10:30am-12:30pm Youth Basketball (Registered Program)	11:15am-2:45pm Open Gym
11:15-11:45am Open Gym	11:30-12:30pm Intro to Pickleball (Registered Program)	11:00-11:45am Vintage Martial Arts – Weapons (Registered Program)	11:30-12:30pm Intro to Pickleball (Registered Program)	11:15-11:45am Open Gym	12:45-2:00pm NHL Street (Registered Program)	
12:00-12:45pm Chair Yoga	12:30-4:00pm Open Gym	11:45am-3:45pm Open Gym	12:30-4:30pm Open Gym	12:00-12:45pm Sit Fit	2:00-2:45pm Open Gym	
1:00-4:00pm Open Gym	4:00-5:00pm Teen Drop In	3:45-4:45pm Daycare Group	4:30-5:45pm Daycare Group	1:00-4:00pm Open Gym		
4:00-4:45pm Daycare Group	5:00-5:45pm UCRO Rental	5:00-7:15pm WHEW (Registered Program)	6:00-8:45pm Youth/Adult Karate (Registered Program)	4:00-5:00pm Daycare Group		
5:30-7:30pm Youth Soccer Skills (Registered Program)	6:00-8:45pm Youth/Adult Karate (Registered Program)	7:15-8:45pm Open Gym		5:00-5:45pm Open Gym		
7:45-8:45pm Open Gym						

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: March 25, 2025



SCHEDULES