

# 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>7:00-10:30am</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>8:00-9:45am</b> Pickleball	<b>8:00-10:15am</b> Open Gym	<b>10:30-11:15am</b> UCRO Rental
<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>10:00-11:00am</b> Yoga	<b>10:30am-12:30pm</b> Youth Basketball (Registered Program)	<b>11:15am-2:45pm</b> Open Gym
<b>11:15-11:45am</b> Open Gym	<b>11:30-12:30pm</b> Intro to Pickleball (Registered Program)	<b>11:00-11:45am</b> Vintage Martial Arts – Weapons (Registered Program)	<b>11:30-12:30pm</b> Intro to Pickleball (Registered Program)	<b>11:15-11:45am</b> Open Gym	<b>12:45-2:45pm</b> Open Gym	
<b>12:00-12:45pm</b> Chair Yoga	<b>12:30-5:00pm</b> Open Gym	<b>11:45am-3:45pm</b> Open Gym	<b>12:30-4:30pm</b> Open Gym	<b>12:00-12:45pm</b> Sit Fit		
<b>1:00-4:00pm</b> Open Gym	<b>5:00-5:45pm</b> UCRO Rental	<b>3:45-4:45pm</b> Daycare Group	<b>4:30-5:45pm</b> Daycare Group	<b>1:00-4:00pm</b> Open Gym		
<b>4:00-4:45pm</b> Daycare Group	<b>6:00-8:45pm</b> Youth/Adult Karate (Registered Program)	<b>5:00-7:15pm</b> WHEW Karate (Registered Program)	<b>6:00-8:45pm</b> Youth/Adult Karate (Registered Program)	<b>4:00-5:00pm</b> Daycare Group		
<b>5:30-7:30pm</b> Youth Soccer Skills (Registered Program)		<b>7:15-8:45pm</b> Open Gym		<b>5:00-5:45pm</b> Open Gym		
<b>7:45-8:45pm</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: April 30, 2025



SCHEDULES