

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	7:00am-2:45pm 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	9:00-10:00am Open Gym	
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	10:00am-12:30pm Basketball Skills & Development	
11:15-11:45am Open Gym	11:30am-5:45pm Open Gym	11:15am-8:45pm Open Gym	11:30am-5:45pm Open Gym	12:00-12:45pm Sit Fit	12:30-2:00pm NHL Street	
12:00-12:45pm Chair Yoga	6:00-8:45pm Karate		6:00-8:45pm Karate	1:00-5:45pm Open Gym	2:00 – 2:45pm Open Gym	
1:00-4:45pm 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: May 28, 2024



SCHEDULES