

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	7:00am-2:45pm Open Gym	7:00am-2:45m 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		
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		
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		
12:00-12:45pm Chair Yoga	12:45-2:15 Daycare Group	11:45am-1:00pm Open Gym	12:45-2:15pm Daycare Group	12:00-12:45pm Sit Fit		
1:00-2:30pm Daycare Group	2:15-4:00pm Open Gym	1:00pm-2:30pm Daycare Group	2:15-5:45pm Open Gym	1:00-2:30pm Daycare Group		
2:30-8:45pm Open Gym	4:00-5:00pm Teen Drop In	2:30-8:45pm Open Gym	6:00-8:45pm Youth/Adult Karate (Registered Program)	2:30-5:45pm Open Gym		
	5:00-5:45pm Open Gym					
	6:00-8:45pm Youth/Adult Karate (Registered Program)					

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: March 5, 2025



SCHEDULES