

GYM — BROCKVILLE

Effective until August 30



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY			
	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B		
5:30AM	Open Gym 5:30–7:30am		Open Gym 5:30–7:30am		Open Gym 5:30–7:30am		Open Gym 5:30–7:30am		Open Gym 5:30–7:30am							
6:30AM	FULL GYM		FULL GYM		FULL GYM		FULL GYM		FULL GYM							
7:30AM	Day Camp 7:30am –5:30pm	Open Gym 7:30am –9:45am	Day Camp 7:30am –5:30pm	Open Gym 7:30am –1pm	Day Camp 7:30am –5:30pm	Open Gym 7:30am –9:45am	Day Camp 7:30am –5:30pm	Open Gym 7:30am –10:15am	Day Camp 7:30am –5:30pm	Open Gym 7:30am –9:45am	Open Gym 7–10am FULL GYM		Open Gym 7am –10am	Open Gym 7am –4:45pm		
8:30AM																
9:30AM																
10:30AM		Yoga 10am				Yoga 10am				Yoga 10am		Pickleball 10am –1pm	Family Gym... 10am –12pm			
11:30AM		Basketbal 11:30am –3pm				Open Gym 11:30am –1pm		Open Gym 11:15am –2pm		Open Gym 11:30am –7:45pm			Open Gym 12pm –4:45pm			
12:30PM				Basketbal 1pm –3pm		Pickleball 1pm –4pm		Basketbal 2pm –6pm				Basketball 1–4:45pm FULL GYM				
1:30PM																
2:30PM																
3:30PM		Open Gym 3pm –8:45pm		Open Gym 3pm –6pm		Open Gym 4pm –5:30pm										
4:30PM																
5:30PM	Open Gym 5:30pm –8:45pm		Pickleball 6–8:30pm FULL GYM		Basketball 5:30–8:45pm FULL GYM		Pickleball 6–8:30pm FULL GYM		Open Gym 5:30pm –7:45pm							
6:30PM																
7:30PM																
8:30PM																

☒ Drop-In · Come Anytime ☐ Reserved ☐ Drop-In Class · Arrive at Start Time

Updated Aug 6, 2026 · Printed Aug 6, 2026 · Subject to change — check eo.ymca.ca for updates.