

Functional Fitness Zone Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<p>5:30am-4:30pm Open Rig</p>	<p>5:30am-8:45pm Open Rig</p>	<p>5:30am-4:30pm Open Rig</p>	<p>5:30-8:30am Open Rig</p>	<p>5:30am-3:45pm Open Rig</p>	<p>7:00-11:00am Open Rig</p>	<p>7:00am-2:45pm Open Rig</p>
<p>4:45-5:45pm UCRO Rental</p>		<p>4:45-5:45pm UCRO Rental</p>	<p>8:45-9:30am Turf Time</p>	<p>4:00-4:45pm Youth Fitness</p>	<p>11:00am-12:00pm UCRO Rental</p>	
<p>6:00-7:00pm Ready to Golf</p>		<p>6:00-8:45pm Open Rig</p>	<p>9:30am-4:45pm Open Rig</p>	<p>4:45-5:45pm UCRO Rental</p>	<p>12:00-2:45pm Open Rig</p>	
<p>7:00-8:45pm Open Rig</p>			<p>5:00-5:45pm Turf Time</p>			
			<p>6:00-8:45pm Open Rig</p>			

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: January 26, 2024



SCHEDULES