

Functional Fitness Zone Schedule



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

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: April 19, 2024



SCHEDULES