

Brockville YMCA // Effective: September 3, 2024

# Functional Fitness Zone Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>5:30am-6:00pm</b> Open Rig	<b>5:30am-8:30am</b> Open Rig	<b>5:30am-8:45pm</b> Open Rig	<b>5:30-8:45pm</b> Open Rig	<b>5:30am-5:45pm</b> Open Rig	<b>7:00am-2:45pm</b> Open Rig	<b>7:00am-2:45pm</b> Open Rig
<b>6:15-7:00pm</b> Turf Time	<b>8:45-9:30am</b> Turf Time					
<b>7:00-8:45pm</b> Open Rig	<b>9:30am-8:45pm</b> Open Rig					

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: August 23, 2024



SCHEDULES