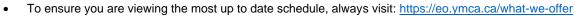
Brockville YMCA // Effective: September 3, 2024

Functional Fitness Zone Schedule



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



Last Updated: August 23, 2024

