

Brockville YMCA // Effective: July 2, 2024

Functional Fitness Zone Schedule



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

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- Last Updated: July 3rd, 2024



SCHEDULES