

# Functional Fitness Zone Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30am-5:00pm Open Rig	5:30am-8:45pm Open Rig	5:30am-8:45pm Open Rig	5:30am-8:30am Open Rig	5:30am-5:45pm Open Rig	7:00am-2:45pm Open Rig	7:00am-2:45pm Open Rig
5:15pm-6:00pm Turf Time			8:45am-9:30am Turf Time			
6:00pm-8:45pm Open Rig			9:30am-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: August 30, 2023



SCHEDULES