

BROCKVILLE — GYM

Fall Programming · Sep 14 – Dec 13, 2026



	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B	GYM A	GYM B
6AM	Open Gym 5:30–7:45am FULL GYM		Open Gym 5:30–8am FULL GYM		Open Gym 5:30–8am FULL GYM		Open Gym 5:30–7am FULL GYM		Open Gym 5:30–8am FULL GYM					
7AM							Pickleball 7–11:30am	Pickleball 7–9:15am			Open Gym 7–8am		Open Gym 7–9am	Open Gym 7am–12:15pm
8AM	Pickleball 8–10:30am FULL GYM		Pickleball 8–10am FULL GYM		Pickleball 8–10:30am FULL GYM				Pickleball 8–10:30am FULL GYM		Pickleball 8–10am FULL GYM			
9AM								Open Gym					Family Gym Time 9–11am	
10AM			Open Gym 10am–4pm								Open Gym 10am 12:45pm			
11AM	Chair Yoga 11am · 1 hr	Yoga 11am · 1 hr		Gentle Total Body (GTB)	Chair Yoga 11am · 1 hr	Yoga 11am · 1 hr		Gentle Total Body (GTB)	Sit Fit 11am · 1 hr	Yoga 11am · 1 hr	B-ball Skills 10:30am		Open Gym 11am–2pm	
12PM	Pickleball 12–2pm	Family Gym Time	Open Gym 11:30am 8:45pm		Pickleball 12–2pm FULL GYM		Open Gym 11:30am–4pm	Open Gym 11:30am–3pm	Pickleball 12–2pm FULL GYM		B-ball Skills 11:30am · 1 hr			Introduction to Pickleball
1PM		Open Gym 1–5pm												
2PM	Open Gym 2–4pm				Open Gym 2–4pm	Open Gym 2–5pm			Open Gym 2–5pm FULL GYM		Pickleball 12:45–2:45pm FULL GYM		Pickleball 2–4pm FULL GYM	
3PM											Open Gym 2:45–4:45pm FULL GYM			
4PM								Family Gym Time 3–5pm					Open Gym 4–4:45pm	
5PM	Daycare 4:15–5:15pm		Daycare 4:15–5:15pm		Daycare 4:15–5:15pm		Daycare 4:15–5:15pm		Basketball 5–7:45pm FULL GYM					
6PM	Open Gym 5:15–6:30pm	Work Hard, Eat Well 5pm 1h 30m	Karate Mini		Open Gym 5:15–7pm	Open Gym	Karate Mini 5:30pm							
7PM	Basketball 6:30–8:45pm FULL GYM		Karate Jr			Introduction to Pickleball	Karate Jr	Soccer Skills 6:30pm · 1 hr						
8PM			Karate - Senior Belts		Open Gym 7–8:45pm FULL GYM		Karate - Senior Belts	Open Gym 7:30–8:45pm						

Drawn to scale — a taller block runs longer. Drop-In · Come Anytime Drop-In Class · Arrive at Start Time Reserved

Registered Program

Updated Oct 13, 2026 · Printed Oct 13, 2026 · Subject to change — check eo.ymca.ca for updates.