

GYM — BROCKVILLE

Effective Sep 13 – 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 7am –11:30am	Pickleball 7am –9:15am			Open Gym 7–8am		Open Gym 7am –9am	Open Gym 7am –12:30pm
8AM	Pickleball 8–10:45am FULL GYM		Pickleball 8am –11:30am	Pickleball 8am –10:15am	Pickleball 8–10:45am FULL GYM				Pickleball 8–10:45am FULL GYM		Pickleball 8–9:45am FULL GYM		Family Gym... 9am –11am	
9AM								Open G...						
10AM				Gentle ...				Gentle ...			Open Gym 10am –12:45pm	Basket...		
11AM	Chair... 11am	Yoga 11am			Chair... 11am	Yoga 11am			Sit Fit 11am	Yoga 11am		Basket... 11:30am	Open Gym 11am –2pm	
12PM	Pickleball 12pm –2pm	Family... 12pm	Open Gym 11:30am –4pm	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		Pickleball 12:45–2:45pm FULL GYM			Introdu... 12:30pm
1PM		Open Gym 1pm –5pm												
2PM	Open Gym 2pm –4pm				Open Gym 2pm –4pm	Open Gym 2pm –5pm			Open Gym 2pm –5pm	Open Gym 2pm –4pm			Pickleball 2–4pm FULL GYM	
3PM								Family Gym... 3pm –5pm			Open Gym 2:45–4:45pm FULL GYM			
4PM										Youth... 4pm			Open Gym 4pm ...	
5PM	Daycare 4:15pm	Work Hard, E... 5pm 1h 30m	Daycare 4:15pm		Daycare 4:15pm		Daycare 4:15pm							
6PM	Open... 5:15pm –6:30pm		Karate -... 5:15pm –7pm		Open Gym 5:15pm –7pm	Open G... 6pm	Karate -... 5:15pm –7pm	Soccer ... 6pm	Basketball 5–7:45pm FULL GYM					
7PM	Basketball 6:30–8:45pm FULL GYM		Karate ... 7pm		Open Gym 7–8:45pm FULL GYM		Karate ... 7pm	Soccer... 6:30pm						
8PM			Open G...				Open G...	Open... 7:30pm –8:45pm						