

Gym Schedule

MON	TUES	WED	THU	FRI	SAT	SUN
5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	5:30-9:00am Open Gym	7:00-8:00am Open Gym	7:00-9:00am Open Gym
9:30-10:20am Cardio Blast	9:30-10:20am CSI	9:30-10:20am Cardio, Core and Stretch	9:30-10:20am Total Body Sculpt	9:15-11:00am Reserved	9:00am-12pm Youth Basketball (Registered Program)	9:00am-12pm Youth Volleyball (Registered Program)
11:00am-2:00pm Pickleball	10:45am-1:30pm Pickleball	10:45-11:30am Reserved	10:45am-1:30pm Pickleball	11:00am-12:30pm Pickleball	12:15-4:30pm Open Gym	12:15-2:30pm Open Gym
2:15-6:15pm Open Gym	2:00-2:30pm Reserved	11:45am-1:30pm Open Gym	1:45-5:15pm Open Gym	12:45-6:30pm Open Gym		2:45-4:30pm Pickleball
6:30-8:30pm Adult Drop-In Basketball (ages 16+)	2:30-5:00pm Open Gym	2:45-5:00pm Open Gym	7:00-8:30pm Pickleball			
	5:30-6:20pm HIIT	5:30-6:20pm RIP				
	7:00-8:30pm Open Gym	6:30-8:00pm Youth Badminton (Registered Program)				

- To ensure you are viewing the most up to date schedule, always visit: <https://eo.ymca.ca/what-we-offer>
- For a full list of class descriptions, visit: eo.ymca.ca/class-descriptions
- Last Updated: Jan 5, 2026



SCHEDULES