

# Gym Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
<b>5:30-9:00am</b> Open Gym	<b>5:30-9:00am</b> Open Gym	<b>5:30-9:00am</b> Open Gym	<b>5:30-9:00am</b> Open Gym	<b>5:30-9:00am</b> Open Gym	<b>7:00-8:00am</b> Open Gym	<b>7:00-9:00am</b> Open Gym
<b>9:30-10:20am</b> Cardio Blast	<b>9:30-10:20am</b> CSI	<b>9:30-10:20am</b> Cardio, Core and Stretch	<b>9:30-10:20am</b> Total Body Sculpt	<b>9:15-11:00am</b> Reserved	<b>9:00am-12pm</b> Youth Basketball (Registered Program)	<b>9:00am-12pm</b> Youth Volleyball (Registered Program)
<b>11:00am-2:00pm</b> Pickleball	<b>10:45am-1:30pm</b> Pickleball	<b>10:45-11:30am</b> Reserved	<b>10:45am-1:30pm</b> Pickleball	<b>11:00am-12:30pm</b> Pickleball	<b>12:15-4:30pm</b> Open Gym	<b>12:15-2:30pm</b> Open Gym
<b>2:15-6:15pm</b> Open Gym	<b>2:00-2:30pm</b> Reserved	<b>11:45am-1:30pm</b> Open Gym	<b>1:45-5:15pm</b> Open Gym			
	<b>2:30-5:00pm</b> Open Gym	<b>1:45-2:30pm</b> Reserved	<b>5:30-6:45pm</b> Adult Drop-In Volleyball (ages 16+)	<b>12:45-6:30pm</b> Open Gym		
<b>6:30-8:30pm</b> Adult Drop-In Basketball (ages 16+)	<b>5:30-6:20pm</b> HIIT	<b>2:45-5:00pm</b> Open Gym	<b>7:00-8:30pm</b> Pickleball			<b>2:45-4:30pm</b> Pickleball
	<b>7:00-8:30pm</b> Open Gym	<b>5:30-6:20pm</b> RIP				
		<b>6:30-8:00pm</b> 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](https://eo.ymca.ca/class-descriptions)
- Last Updated: Jan 5, 2026



SCHEDULES