

Kingston YMCA // Effective: September 14th 2026

Gym Schedule



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

- 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: August 18th, 2026



SCHEDULES