



# Gym Schedule

MON	TUES	WED	THU	FRI	SAT	SUN
<b>5:30am-9:00am</b> Open Gym	<b>5:30am-9:30am</b> Open Gym	<b>5:30am-9:00am</b> Open Gym	<b>5:30am-9:00am</b> Open Gym	<b>5:30am-9:00am</b> Open Gym	<b>7:00am-9:00am</b> Open Gym	<b>7:00am-9:45am</b> Open Gym
<b>9:30am-10:20am</b> Cardio Blast	<b>10:00am-12:30pm</b> Pickleball	<b>9:30am-10:20am</b> Cardio, Core and Stretch	<b>9:30am-10:20am</b> TBS (Total Body Sculpt)	<b>9:15am-11:15am</b> Reserved	<b>9:00am-12pm</b> Youth Basketball (Registered Program)	<b>10:00am-12:30pm</b> Pickleball
<b>11:00am-2:00pm</b> Pickleball	<b>1:00pm-5:00pm</b> Open Gym	<b>10:45am-4:45pm</b> Open Gym	<b>10:45am-1:30pm</b> Pickleball	<b>11:15am-6:30pm</b> Open Gym	<b>12:30-3:30pm</b> Open Gym	<b>12:45pm-3:30pm</b> Open Gym
<b>2:15pm-6:15pm</b> Open Gym	<b>5:30pm-6:30pm</b> Rip	<b>5:00pm-6:30pm</b> Pickleball	<b>1:45pm-5:00pm</b> Open Gym			
<b>6:30pm-8:30pm</b> Adult Drop-In Basketball (ages 16+)	<b>7:00pm-8:30pm</b> Open Gym	<b>6:30pm-8:00pm</b> Youth Badminton (Registered Program)	<b>5:30pm-6:45pm</b> 20/20/20	<b>7:00pm-8:30pm</b> 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](https://eo.ymca.ca/class-descriptions)
- Last Updated: Jan 2, 2024



SCHEDULES