

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-12:30pm 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		
2:15-6:15pm Open Gym	2:00-2:30pm Reserved	11:45am-1:30pm Open Gym	1:45-5:15pm Open Gym		1:00-4:30pm Open Gym	12:15-2:30pm Open Gym
	2:30-5:00pm Open Gym	1:45-2:30pm Reserved	5:30-6:45pm Adult Drop-In Volleyball (ages 16+)	12:45-7:30pm Open Gym		
6:30-8:30pm Adult Drop-In Basketball (ages 16+)	5:30-6:20pm HIIT	2:45-5:00pm Open Gym	7:00-8:30pm Pickleball			2:45-4:30pm Pickleball
	7:00-8:30pm Open Gym	5:30-6:20pm RIP				
		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: March 23, 2026



SCHEDULES