

Gym Schedule



| MON | TUES | WED | THU | FRI | SAT | SUN |
|---|-------------------------------|--|--|----------------------------|---|-------------------------------|
| 5:30am-9:00am Open Gym | 5:30am-9:30am Open Gym | 5:30am-9:00am Open Gym | 5:30am-9:00am Open Gym | 5:30am-9:00am Open Gym | 7:00am-9:00am Open Gym | 7:00am-9:45am Open Gym |
| 9:30am-10:20am Cardio Blast | 10:00am-12:30pm Pickleball | 9:30am-10:20am Cardio, Core and Stretch | 9:30am-10:20am TBS (Total Body Sculpt) | 9:15am-11:15am Reserved | 9:00am-12pm Youth Basketball (Registered Program) | 10:00am-12:30pm Pickleball |
| 11:00am-2:00pm Pickleball | 1:00pm-5:00pm Open Gym | 10:45am-11:30am Reserved | 10:45am-1:30pm Pickleball | 11:15am-6:30pm Open Gym | 12:15-1:45pm NHL Street (Registered Program) | 12:45pm-3:30pm Open Gym |
| 2:15pm-6:15pm Open Gym | 5:30pm-6:30pm Rip | 11:45am-1:30pm Open Gym | 1:45pm-5:00pm Open Gym | 5:30pm-6:45pm 20/20/20 | 2:00-3:30pm Open Gym | |
| 6:30pm-8:30pm Adult Drop-In Basketball (ages 16+) | 7:00pm-8:30pm Open Gym | 1:45pm-2:30pm Reserved | 5:30pm-6:45pm 20/20/20 | 7:00pm-8:30pm Open Gym | | |
| | | 2:45pm-5:00pm Open Gym | | | | |
| | | 5:00pm-6:30pm Pickleball | | | | |
| | | 6:30pm-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: May 1, 2024



SCHEDULES