

# 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	10:30am-11:20am Cardio/Core/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	11:45am-4:45pm Open Gym	10:45am-1:30pm Pickleball	11:15am-6:30pm Open Gym	12:30-3:30pm Open Gym	12:45pm-3:30pm Open Gym
2:15pm-6:15pm Open Gym	5:30pm-6:30pm Rip	5:00pm-6:30pm Pickleball	1:45pm-6:30pm Open Gym			
6:30pm-8:30pm Adult Drop-In Basketball (ages 16+)	7:00pm-8:30pm Open Gym	7:00pm-8:30pm Rental	6:30pm-8:30pm Rental			

- 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: September 25, 2023



SCHEDULES