

March Break Gym Schedule



MON	TUES	WED	THU	FRI	SAT	SUN
5:30-7:30am Open Gym	5:30-7:30am Open Gym	5:30-7:30am Open Gym	5:30-7:30am Open Gym	5:30-7:30am Open Gym	7:00-3:30pm Open Gym	7:00-3:30pm Open Gym
7:30am-9:00am Reserved for Camp	7:30am-9:00am Reserved for Camp	7:30am-9:00am Reserved for Camp	7:30am-9:00am Reserved for Camp	7:30am-11:00am Reserved for Camp		
9:30-10:20am Cardio Blast	9:30-10:20am CSI	9:30-10:20am Circuit	9:30-10:20am Total Body Sculpt	11:00am-3:00pm Open Gym		
11:00am-2:00pm Pickleball	10:45am-1:30pm Pickleball	10:45-11:30am Reserved for Camp	10:45am-1:30pm Pickleball	3:00pm-5:30pm Reserved for Camp		
2:30-5:30pm Reserved for Camp	2:00-5:00pm Reserved for Camp	11:45am-4:50pm Open Gym	1:45-3:00pm Open Gym			
5:30pm-6:30pm Open Gym	5:30-6:30pm Rip	5:00-6:30pm Pickleball	3:00pm-5:30pm Reserved for Camp			
6:30-8:30pm Adult Drop-In Basketball (ages 16+)	7:00-8:30pm Open Gym	6:30-8:30pm Open Gym	5:45pm-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: February 3, 2025



SCHEDULES