

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-4:45pm Open Gym	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	5:00pm-6:30pm Pickleball	1:45pm-5:00pm Open Gym		2:00-3:30pm Open Gym	
6:30pm-8:30pm Adult Drop-In Basketball (ages 16+)	7:00pm-8:30pm Open Gym	6:30pm-8:00pm Youth Badminton (Registered Program)	5:30pm-6:45pm 20/20/20	7:00pm-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: March 28, 2024



SCHEDULES