

Gym Schedule

Effective: September 6, 2022



**YMCA of
Eastern Ontario**
Kingston YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-3:30pm Open Gym	5:30am-9:00am Open Gym	5:30am-9:30am Open Gym	5:30am-9:00am Open Gym	5:30am-9:30am Open Gym	5:30am-9:00am Open Gym	7:00am-9:00am Open Gym
	9:30am-10:20am Cardio Blast	10:00am-12:30pm Pickleball	9:30am-10:20am Circuit	10:00am-12:30pm Pickleball	9:15am-11:15am Reserved	9:00am-12:30pm Youth Basketball
	11:00am-2:00pm Pickleball		11:00am-4:45pm Open Gym			12:45pm-3:15pm Pickleball
	2:15pm-5:00pm Open Gym	1:00pm-5:00pm Open Gym		1:00pm-5:45pm Open Gym		
	5:00pm-6:45pm Adult Drop-in Basketball (ages15+)	5:30pm-6:30pm Rip	5:00pm-6:30pm Pickleball	6:00pm-7:45pm Rental	11:15am-6:30pm Open Gym	
	6:45pm-7:45pm Rental	7:00pm-7:45pm Rental	7:00pm-7:45pm Rental			

- For a full list of class descriptions, visit: eo.ymca.ca/class-descriptions