

Gym Schedule

Effective: July 3, 2022



YMCA of
Eastern Ontario
Brockville YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7:00-2:45pm
Open Gym

5:30-7:00am
Open Gym

7:15-8:15am
Pickleball

8:30am-9:30am
Camp

10:00am-11:00am
Yoga

11:15-11:45am
Camp

12:00-12:45pm
Chair Yoga

1:00-4:30pm
Camp

5:00pm-7:45pm
Open Gym

5:30-8:50am
Open Gym

7:15-8:15am
Pickleball

8:30am-10:00am
Camp

10:30-11:15am
GTB

11:30am-4:30pm
Camp

4:45pm-5:45pm
Open Gym

6:00-8:00pm
Karate

5:30-7:00am
Open Gym

7:15am-8:15am
Pickleball

8:30am-9:30am
Camp

10:00-11:00am
Yoga

11:15am-4:30am
Camp

5:30-7:45pm
Open Gym

5:30-7:00am
Open Gym

7:15-8:15am
Pickleball

8:30am-10:00am
Camp

10:30-11:15am
GTB

11:30am-1:00pm
Pickleball

1:15am-4:30pm
Camp

4:45-5:45pm
Open Gym

6:00-8:00pm
Karate

5:30-7:00am
Open Gym

7:15-8:15am
Pickleball

8:30am-9:30am
Camp

10:00-11:00am
Yoga

12:00-12:45pm
Sit Fit

1:00-4:30pm
Camp

4:30-6:00pm
Open Gym

7:00-2:45pm
Open Gym

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