

# Gym Schedule

Effective: February 14, 2023



**YMCA of  
Eastern Ontario**  
Brockville YMCA

## Sunday

**7:00-2:45pm**  
Open Gym

## Monday

**5:30-8:00am**  
Open Gym

**8:00-9:30am**  
Pickleball

**10:00-11:00am**  
Yoga

**11:15-11:45am**  
Open Gym

**12:00-12:45pm**  
Chair Yoga

**1:00-3:00pm**  
Pickleball – Casual

**3:00-5:00pm**  
Pick-up Basketball  
for Teens

**5:00-8:45pm**  
Open Gym

## Tuesday

**5:30-10:15am**  
Open Gym

**10:30-11:15am**  
GTB

**11:30am-1:00pm**  
Pickleball

**1:00-5:45pm**  
Open Gym

**6:00-8:45pm**  
Karate

## Wednesday

**5:30-6:00am**  
Open Gym

**7:00-8:00am**  
Open Gym

**8:00-9:30am**  
Pickleball

**10:00-11:00am**  
Yoga

**11:15am-1:00pm**  
Open Gym

**1:00-3:00pm**  
Pickleball – Casual

**3:00-4:15pm**  
Open Gym

**4:30-7:00pm**  
Work Hard. Eat  
Well.

**7:00-8:45pm**  
Open Gym

## Thursday

**5:30-10:15am**  
Open Gym

**10:30-11:15am**  
GTB

**11:30am-1:00pm**  
Pickleball

**1:30-5:30pm**  
Pick-Up Volleyball

**6:00-8:45pm**  
Karate

## Friday

**5:30-8:00am**  
Open Gym

**8:00-9:30am**  
Pickleball

**10:00-11:00am**  
Yoga

**11:00am-11:30am**  
Open Gym

**12:00-12:45pm**  
Sit Fit

**1:00-3:00pm**  
Pickleball - Casual

**3:30-4:15pm**  
UCRO Rental

**4:15-5:45pm**  
Open Gym

## Saturday

**7:00-10:00am**  
Open Gym

**10:00-12:30 p.m.**  
Basketball Skills &  
Development

**12:30-2:45pm**  
Open Gym

- For a full list of class descriptions, visit: [eo.ymca.ca/class-descriptions](http://eo.ymca.ca/class-descriptions)