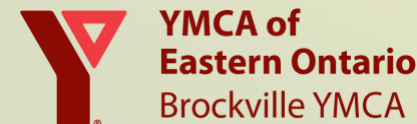


Gym Schedule

Effective: March 24th, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-2:45pm Open Gym	5:30-8:00am Open Gym	5:30-10:15am Open Gym	5:30-6:00am Open Gym	5:30-10:15am Open Gym	5:30-8:00am Open Gym	7:00-10:00am Open Gym
	8:00-9:30am Pickleball	10:30-11:15am GTB	7:00-8:00am Open Gym	10:30-11:15am GTB	8:00-9:30am Pickleball	10:00-12:30 p.m. Basketball Skills & Development
	10:00-11:00am Yoga	11:30am-1:00pm Pickleball	8:00-9:30am Pickleball	11:30am-1:00pm Pickleball	10:00-11:00am Yoga	12:30-2:45pm Open Gym
	11:15-11:45am Open Gym	1:00-5:45pm Open Gym	10:00-11:00am Yoga	1:15-5:45pm Open Gym	11:00am-11:30am Open Gym	
	12:00-12:45pm Chair Yoga	6:00-8:45pm Karate	11:15am-1:00pm Open Gym	6:00-8:45pm Karate	12:00-12:45pm Sit Fit	
	1:00-3:00pm Pickleball – Casual		1:00-3:00pm Pickleball – Casual		1:00-3:00pm Pickleball - Casual	
	3:00-5:00pm Pick-up Basketball for Teens		3:00-4:15pm Open Gym		3:30-4:15pm UCRO Rental	
	5:00-8:45pm Open Gym		4:30-7:00pm Work Hard. Eat Well.		4:15-5:45pm Open Gym	
			7:00-8:45pm Open Gym			

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