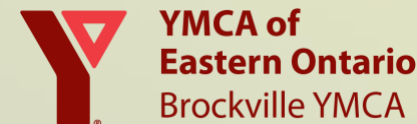


Gym Schedule

Effective: September 6, 2022



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------|------------------------------------|------------------------------|------------------------------------|------------------------------|------------------------------------|-----------------------------|
| 7:00-8:00am Open Gym | 5:30-8:00am Open Gym | 5:30-8:50am Open Gym | 5:30-6:00am Open Gym | 5:30-8:50am Open Gym | 5:30-8:00am Open Gym | 7:00-9:00am Open Gym |
| 8:00-8:45am UCRO Rental | 8:00-9:30am Pickleball | 9:00-10:15am Rental | 7:00-8:00am Open Gym | 9:00-10:15am Rental | 8:00-9:30am Pickleball | 9:15-10:00am UCRO Rental |
| 9:00-2:45pm Open Gym | 10:00-11:00am Yoga | 10:30-11:15am GTB | 8:00-9:30am Pickleball | 10:30-11:15am GTB | 10:00-11:00am Yoga | 10:00-10:45am Kids Fit |
| | 11:15-11:45am Open Gym | 11:30am-1:00pm Pickleball | 10:00-11:00am Yoga | 11:30am-1:00pm Pickleball | 11:00am-11:30am Open Gym | 11:00-2:45pm Open Gym |
| | 12:00-12:45pm Chair Yoga | 1:00-2:00pm Rental | 11:15am-1:00pm Open Gym | 1:00-2:00pm Rental | 12:00-12:45pm Sit Fit | |
| | 1:00-3:00pm Pickleball – Casual | 2:00-5:45pm Open Gym | 1:00-3:00pm Pickleball – Casual | 2:00-5:45pm Open Gym | 1:00-3:00pm Pickleball - Casual | |
| | 3:00-5:00pm Open Gym | 6:00-8:00pm Karate | 3:00-5:00pm Open Gym | 6:00-8:00pm Karate | 3:30-4:15pm UCRO Rental | |
| | 5:00-6:00pm UCRO Rental | | 6:30-7:45pm Open Gym | | 4:15-6:00pm Open Gym | |
| | 6:15-7:15pm Open Gym | | | | | |

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