

# March Break Gym Schedule

Effective: March 12<sup>th</sup> - March 18<sup>th</sup>, 2023



**YMCA of  
Eastern Ontario**  
Brockville YMCA

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	7:00-2:45pm 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	
	10:00-11:00am Yoga	11:30am-1:00pm Pickleball	8:00-9:30am Pickleball	11:30am-1:00pm Pickleball	10:00-11:00am Yoga	
	11:15-11:45am Open Gym	1:00-8:45pm Open Gym	10:00-11:00am Yoga	1:00-8:45pm Open Gym	11:00am-11:30am Open Gym	
	12:00-12:45pm Chair Yoga		11:15am-1:00pm Open Gym		12:00-12:45pm Sit Fit	
	1:00-2:00pm Childcare		1:00-2:00pm Childcare		1:00-2:00pm Childcare	
	2:00-4:00pm Pickleball – Casual		2:00-4:00pm Pickleball – Casual		2:00-4:00pm Pickleball - Casual	
	4:00-8:45pm Open Gym		4:00-8:45pm Open Gym		4:00-5:45pm Open Gym	

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