

# Functional Fitness Zone Schedule

Effective: February 14th, 2023



**YMCA of  
Eastern Ontario**  
Brockville YMCA

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**7:00am-2:45pm**  
Open Rig

**5:30am-5:00pm**  
Open Rig

**5:15pm-6:00pm**  
Turf Time

**6:00pm-8:45pm**  
Open Rig

**5:30am-8:45pm**  
Open Rig

**5:30am-8:45pm**  
Open Rig

**5:30am-8:45pm**  
Open Rig

**5:30am-5:45pm**  
Open Rig

**7:00am-2:45pm**  
Open Rig

- Clean all equipment after use.