

# Functional Fitness Zone Schedule

Effective: September 6, 2022



**YMCA of  
Eastern Ontario**  
Brockville YMCA

**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

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

**5:30am-7:45pm**  
Open Rig

**5:30am-3:45pm**  
Open Rig

**5:30am-7:45pm**  
Open Rig

**5:30am-7:45pm**  
Open Rig

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

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

**4:00p-5:00pm**  
Youth Fitness

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

**5:00pm-7:45pm**  
Open Rig

- Clean all equipment after use.