

Gym Schedule

Effective: March 28, 2022



YMCA of
Eastern Ontario
Brockville YMCA

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
9:00-12:45pm 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	11:00-12:45pm 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		5:30-6:15pm Y Rhythms		4:15-6:00pm Open Gym	
	6:15-7:15pm Yoga		6:30-7:45pm Open Gym			

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