

Gym Schedule

Effective: September 1, 2021



YMCA of
Eastern Ontario
Brockville YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00am Open Gym (Capacity: 12)	5:30-8:00am Open Gym (Capacity: 12)	5:30-8:00am Open Gym (Capacity: 12)	5:30-6:00am Open Gym (Capacity: 12)	5:30-8:00am Open Gym (Capacity: 12)	5:30-8:00am Open Gym (Capacity: 12)	7:00-9:00am Open Gym (Capacity: 12)
8:00-8:45am UCRO Rental	8:00-9:30am Pickleball (Capacity: 16)	8:00-9:30am Pickleball (Capacity: 16)	7:00-8:00am Open Gym (Capacity: 12)	8:00-9:30am Pickleball (Capacity: 16)	8:00-9:30am Pickleball (Capacity: 16)	9:15-10:00am UCRO Rental
9:00-12:45pm Open Gym (Capacity: 12)	10:00-11:00am Yoga	10:30-11:15am GTB	8:00-9:30am Pickleball (Capacity: 25)	10:30-11:15am Zumba Gold	10:00-11:00am Yoga	10:00-12:45pm Open Gym (Capacity: 12)
	11:15-11:45am Open Gym (Capacity: 12)	11:30am-1:00pm Open Gym (Capacity: 12)	10:00-11:00am Yoga	11:30am-1:00pm Open Gym (Capacity: 12)	11:00am-11:45am Open Gym (Capacity: 12)	
	12:00-12:45pm Chair Yoga	3:00-6:00pm Open Gym (Capacity: 12)	11:15am-1:00pm Open Gym (Capacity: 12)	3:00-5:00pm Open Gym (Capacity: 12)	12:00-12:45pm Sit Fit	
	3:00-5:00pm Open Gym (Capacity: 12)	6:00-8:00pm Karate	3:00-5:00pm Open Gym (Capacity: 12)	5:15-6:00pm Zumba	3:30-4:15pm UCRO Rental	
	5:15-6:00pm Tabata		5:15-6:00pm Skip Fit	6:00-8:00pm Karate	4:15-6:00pm Open Gym (Capacity: 12)	
	6:15-7:15pm Yoga		6:15-7:45pm Open Gym (Capacity: 12)			

- Brockville YMCA is closed for deep cleaning Monday to Friday from 1-3pm