

# Gym Schedule

Effective: October 4, 2021



YMCA of  
Eastern Ontario  
Brockville YMCA

## Sunday

**7:00-8:00am**  
Open Gym  
(Capacity: 12)

**8:00-8:45am**  
UCRO Rental

**9:00-12:45pm**  
Open Gym  
(Capacity: 12)

## Monday

**5:30-8:00am**  
Open Gym  
(Capacity: 12)

**8:00-9:30am**  
Pickleball  
(Capacity: 16)

**10:00-11:00am**  
Yoga

**11:15-11:45am**  
Open Gym  
(Capacity: 12)

**12:00-12:45pm**  
Chair Yoga

**3:00-5:00pm**  
Open Gym  
(Capacity: 12)

**5:15-6:00pm**  
Tabata

**6:15-7:15pm**  
Yoga

**7:30-8:00pm**  
Rental

## Tuesday

**5:30-8:00am**  
Open Gym  
(Capacity: 12)

**8:00-9:30am**  
Pickleball  
(Capacity: 16)

**10:30-11:15am**  
GTB

**11:30am-1:00pm**  
Open Gym  
(Capacity: 12)

**3:00-6:00pm**  
Open Gym  
(Capacity: 12)

**6:00-8:00pm**  
Karate

## Wednesday

**5:30-6:00am**  
Open Gym  
(Capacity: 12)

**7:00-8:00am**  
Open Gym  
(Capacity: 12)

**8:00-9:30am**  
Pickleball  
(Capacity: 25)

**10:00-11:00am**  
Yoga

**11:15am-1:00pm**  
Open Gym  
(Capacity: 12)

**3:00-5:00pm**  
Open Gym  
(Capacity: 12)

**5:15-6:00pm**  
Skip Fit

**6:15-7:45pm**  
Rental

## Thursday

**5:30-8:00am**  
Open Gym  
(Capacity: 12)

**8:00-9:30am**  
Pickleball  
(Capacity: 16)

**10:30-11:15am**  
Zumba Gold

**11:30am-1:00pm**  
Open Gym  
(Capacity: 12)

**3:00-5:00pm**  
Open Gym  
(Capacity: 12)

**5:15-6:00pm**  
Zumba

**6:00-8:00pm**  
Karate

## Friday

**5:30-8:00am**  
Open Gym  
(Capacity: 12)

**8:00-9:30am**  
Pickleball  
(Capacity: 16)

**10:00-11:00am**  
Yoga

**11:00am-11:45am**  
Open Gym  
(Capacity: 12)

**12:00-12:45pm**  
Sit Fit

**3:30-4:15pm**  
UCRO Rental

**4:15-6:00pm**  
Open Gym  
(Capacity: 12)

## Saturday

**7:00-9:00am**  
Open Gym  
(Capacity: 12)

**9:15-10:00am**  
UCRO Rental

**10:00-12:45pm**  
Open Gym  
(Capacity: 12)

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