

Gym Schedule

Effective: January 2, 2022



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

Tuesday

5:30-8:50am
Open Gym
(Capacity: 12)

9:00-10:15am
Rental

10:30-11:15am
GTB

11:30am-1:00pm
Pickleball
(Capacity: 16)

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

5:15-6:00pm
Y Rhythms

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)

3:00-7:45pm
Open Gym
(Capacity: 12)

Thursday

5:30-8:50am
Open Gym
(Capacity: 12)

9:00-10:15am
Rental

10:30-11:15am
GTB

11:30am-1:00pm
Pickleball
(Capacity: 16)

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

5:15-6:00pm
Y Rhythms

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-11:30am
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