

Gym Schedule

Effective: July 3, 2022



YMCA of
Eastern Ontario
Kingston YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

7:00am-3:30pm
Open Gym

6:30am-7:15am
Bootcamp

5:30am-7:15am
Open Gym

5:30am-7:15am
Open Gym

5:30am-7:15am
Open Gym

6:30am-7:15am
Bootcamp

7:00am-12:45pm
Open Gym

7:30am-12:30pm
Summer Camps

7:30am-5:15pm
Summer Camps

7:30am-5:30pm
Summer Camps

7:30am-5:30pm
Summer Camps

7:30am-5:30pm
Summer Camps

12:30pm-2:30pm
Pickleball

1:00pm-3:15pm
Pickleball

2:30pm-5:30pm
Summer Camps

***5:45pm-7:30pm**
Adult Drop-in
Basketball
(ages15+)

5:30pm-6:30pm
Rip

5:45-7:45pm
Pickleball

6-7:45pm
Rental

5:45pm-6:45pm
Open Gym

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