

# Gym Schedule

Effective: March 7, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-3:30pm Open Gym	5:30am-9:00am Open Gym	5:30am-9:30am Open Gym	5:30am-9:00am Open Gym	5:30am-9:30am Open Gym	5:30am-9:00am Open Gym	7:00am-9:00am Open Gym
(Starting Mar 26) 10:00am-12:30pm Pickleball*	9:30am-10:20am Cardio Blast	10:00am-12:30pm Pickleball	10:30am-11:20am Cardio/Core/Stretch	10:00am-12:30pm Pickleball	9:15am-11:15am Reserved	9:00am-12:30pm Youth Basketball
	11:00am-2:00pm Pickleball	*(March 14 only, booked for childcare 2:00pm- 4:00pm)	12:00pm-4:45pm Open Gym	1:00pm-5:45pm Open Gym		(Ending Mar 18) 12:45pm-3:15pm Pickleball**
	2:15pm-5:00pm Open Gym	*1:00pm-5:00pm Open Gym	5:00pm-6:30pm Pickleball	6:00pm-8:45pm Rental	11:15am-6:30pm Open Gym	
	5:00pm-6:30pm Adult Drop-in Basketball (ages15+)	5:30pm-6:30pm Rip	7:00pm-8:45pm Rental			
	6:30pm-8:45pm Rental	7:00pm-8:45pm Rental				

- \* This class timeslot begins effective Sunday, March 26 (The first Sunday timeslot of Pickleball is March 26)
- \*\* This class timeslot ends effective Saturday, March 18 (The last Saturday timeslot of pickleball is March 18)
- For a full list of class descriptions, visit: [eo.ymca.ca/class-descriptions](http://eo.ymca.ca/class-descriptions)