

Gym Schedule

Effective: March 20, 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-9:45am 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
10:00am-12:30pm Pickleball (NEW)	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-3:30pm Youth Basketball (Registered Program)
12:45pm-3:30pm Open Gym	11:00am-2:00pm Pickleball	1:00pm-5:00pm Open Gym	11:45am-4:45pm Open Gym	1:00pm-5:45pm Open Gym	11:15am-6:30pm Open Gym	
	2:15pm-5:00pm Open Gym		5:00pm-6:30pm Pickleball			
	5:00pm-6:30pm Adult Drop-In Basketball (ages 15+)	5:30pm-6:30pm Rip	7:00pm-8:45pm Rental	6:00pm-8:45pm Rental		
	6:30pm-8:45pm Rental	7:00pm-8:45pm Rental				

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