

Gym Schedule

Effective: March 29, 2022



YMCA of
Eastern Ontario
Kingston YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am-11:30am 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-8:30am Open Gym	7:00am-9:00am Rental
11:45am-3pm Rental	9:30-10:20am Cardio Blast	10am-12:30pm Pickleball	9:30-10:20am CSI	10am-12:30pm Pickleball	9:15am-10:30am Rip	9:15am-12:30pm Youth Rec
	10:30-11:20am Barre Fitness		11:00am-5:00pm Open Gym		11:00am-5:00pm Open Gym	1:00pm-2:30pm Pickleball
	12:00-2:30pm Pickleball	1:00pm-5:00pm Open Gym		1-5pm Open Gym		
	3:00-5:00pm Open Gym	5:30-6:30pm Rip				
	*5:15-6:45pm Adult Drop-in Basketball (ages15+)	7:00pm-7:45pm Rental	5:30-7:30pm Pickleball	5:30-7:00pm Rental	5:30pm-7:00pm Rental	

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