

# Gym Schedule

Effective: May 16, 2022



YMCA of  
Eastern Ontario  
Kingston YMCA

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**7:00am-3:30pm**  
Open Gym

**5:30am-9:00am**  
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Open Gym

**5:30am-9:00am**  
Open Gym

**5:30am-9:30am**  
Open Gym

**5:30am-8:30am**  
Open Gym

**7:00am-12:45pm**  
Open Gym

**9:30-10:20am**  
Cardio Blast

**10am-12:30pm**  
Pickleball

**9:30-10:20am**  
CSI

**10am-12:30pm**  
Pickleball

**9:15am-10:30am**  
Rip

**1:00pm-3:15pm**  
Pickleball

**10:30-11:20am**  
Barre Fitness

**1:00pm-5:00pm**  
Open Gym

**11:00am-5:00pm**  
Open Gym

**1-6:00pm**  
Open Gym

**11:00am-6:30pm**  
Open Gym

**12:00-2:30pm**  
Pickleball

**5:30-6:30pm**  
Rip

**5:30-7:30pm**  
Pickleball

**6-7:45pm**  
Rental

**3:00-5:00pm**  
Open Gym

**\*5:15-7:30pm**  
Adult Drop-in  
Basketball  
(ages15+)

- For a full list of class descriptions, visit: [eo.ymca.ca/class-descriptions](http://eo.ymca.ca/class-descriptions)