

Gym Schedule

Effective: September 6, 2022



**YMCA of
Eastern Ontario**
Kingston YMCA

Sunday

7:00am-3:30pm
Open Gym

Monday

5:30am-9:00am
Open Gym

9:30am-10:20am
Cardio Blast

11:00am-2:00pm
Pickleball

2:15pm-5:00pm
Open Gym

5:00pm-6:30pm
Adult Drop-in
Basketball
(ages15+)

6:30pm-7:45pm
Rental

Tuesday

5:30am-9:30am
Open Gym

10:00am-12:30pm
Pickleball

1:00pm-5:00pm
Open Gym

5:30pm-6:30pm
Rip

7:00pm-7:45pm
Rental

Wednesday

5:30am-9:00am
Open Gym

9:30am-10:20am
Circuit

11:00am-4:45pm
Open Gym

5:00pm-6:30pm
Pickleball

7:00pm-7:45pm
Rental

Thursday

5:30am-9:30am
Open Gym

10:00am-12:30pm
Pickleball

1:00pm-5:45pm
Open Gym

6:00pm-7:45pm
Rental

Friday

5:30am-9:00am
Open Gym

9:15am-11:15am
Reserved

11:15am-6:30pm
Open Gym

Saturday

7:00am-9:00am
Open Gym

9:00am-12:30pm
Youth Basketball

12:45pm-3:15pm
Pickleball

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