OPEN GYM

Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM	OPEN GYM 5:30AM-9:30AM	OPEN GYM 5:30AM-11:00AM	OPEN GYM 5:30AM-9:30AM	OPEN GYM 5:30AM-9:00AM	OPEN GYM 5:30AM-11:00AM		
7AM						OPEN GYM 7:00AM-8:00AM	OPEN GYM 7:00AM-10:45AM
9AM	YOUTH PROGRAMS 9:30AM-10:45AM		YOUTH PROGRAMS 9:15AM-10:45AM	ADULT FITNESS 9:00AM-10:00AM		PICKLEBALL 9:00AM-11:00AM	
10AM				OPEN GYM 10:00AM-11:00AM			
11AM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM	PICKLEBALL 11:00AM-1:00PM		
12PM						YOUTH PROGRAMS 11:00AM-12:30PM	YOUTH PROGRAMS 11:00AM-12:30PM
1PM	OPEN GYM 1:00PM-2:00PM	YOUTH PROGRAMS 1:00PM-2:00PM	OPEN GYM 1:00PM-3:00PM	OPEN GYM 1:00PM-3:00PM	OPEN GYM 1:00PM-2:00PM	OPEN GYM 1:00PM-2:00PM	OPEN GYM 1:00PM-2:00PM
2PM	GYM RENTAL 2:00PM-3:00PM	OPEN GYM 2:00PM-3:00PM			GYM RENTAL 2:00PM-3:00PM	BIRTHDAY PARTY 2:00PM-3:00PM	BIRTHDAY PARTY 2:00PM-3:00PM
3PM	AFTER SCHOOL PROGRAM 3:00PM-5:30PM	AFTER SCHOOL PROGRAM 3:00PM-5:30PM	AFTER SCHOOL PROGRAM 3:00PM-5:30PM	AFTER SCHOOL PROGRAM 3:00PM-5:30PM	AFTER SCHOOL PROGRAM 3:00PM-5:30PM	TEEN PROGRAMS 3:30PM-5:00PM	NIPISSING ROLLER DERBY 3:00PM-5:00PM
4PM							
5PM	YOUTH PROGRAMS 5:30PM-7:00PM	YOUTH PROGRAMS 5:30PM-7:00PM	YOUTH PROGRAMS 5:30PM-7:00PM	ADULT FITNESS 5:30PM-6:30PM	OPEN GYM 5:30PM-6:00PM	OPEN GYM 5:00PM-7:00PM	OPEN GYM 5:00PM-7:00PM
7PM	NIPISSING ROLLER DERBY 7:00PM-9:00PM	TEEN PROGRAMS 7:00PM-9:00PM	NIPISSING ROLLER DERBY 7:00PM-9:00PM	TEEN PROGRAMS 6:30PM-8:00PM	TEEN NIGHT 6:00PM-9:00PM		
8PM							
9PM	OPEN GYM 9:00PM-10:00PM	OPEN GYM 9:00PM-10:00PM	OPEN GYM 9:00PM-10:00PM	FLOOR HOCKEY 8:30PM-10:00PM			

Open | Youth | Teen | Adult | Gymnastics | Birthday Party | Gym Rental

PLEASE NOTE

Open Gym times are subject to gym rentals.
Please call Membership Services for inquiries!

Building healthy communities

705-497-9622 | ymcaneo.ca