



Gym Schedule

January 9th-March 26th 2023

- Fitness (14+)
- Recreation (14+)
- Teen

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	OPEN GYM—FULL GYM 6:00-10:30AM	OPEN GYM—FULL GYM 6:00-9:30AM	OPEN GYM—FULL GYM 6:00-8:30AM	OPEN GYM—FULL GYM 6:00-9:30AM	OPEN GYM—FULL GYM 6:00-8:30AM	OPEN GYM—FULL GYM 8:00 - 9:00 AM	PICKLEBALL—FULL GYM 8:00-10:00AM 3 COURTS
8am		FITNESS PROGRAM 9:30-10:15AM	FITNESS PROGRAM 8:30-9:15AM	FITNESS PROGRAM 9:30-10:15AM	FITNESS PROGRAM 8:30-9:15AM	PROGRAMMING - FULL GYM 9:30 —2:00 PM	
9am		OPEN GYM —FULL GYM 11:00 AM—1:00 PM	OPEN GYM —FULL GYM 9:30—1:00 PM	OPEN GYM —FULL GYM 10:30-1:15PM	OPEN GYM —FULL GYM 9:15—5:00PM		
11am	FITNESS PROGRAM 10:30-11:30AM	PICKLEBALL 2 COURTS 1:00-3:00PM	PICKLEBALL 2 COURTS 1:00-3:00PM	PICKLEBALL 2 COURTS 1:00-3:00PM	PICKLEBALL 2 COURTS 1:00-3:00PM	BASKETBALL—FULL GYM 2:00-4:00PM	
1pm	OPEN GYM—FULL GYM 3:00 - 4:30PM OPEN GYM—HALF GYM 6:30—10:00 PM	OPEN GYM—FULL GYM 3:00 - 4:30PM	OPEN GYM—FULL GYM 3:00- 4:00PM	OPEN GYM —FULL GYM 3:00-8:00PM	FIVE DOLLAR FRIDAYS (TEENS) 5:00-9:30PM		
3pm		OPEN GYM—FULL GYM 3:00 - 4:30PM	OPEN GYM—HALF GYM 4:00-8:00PM				
4pm	PROGRAMMING - HALF GYM 6:30-9:00PM	PROGRAMMING—FULL GYM 4:30-8:15PM	PICKLEBALL 2 COURTS 5:00PM-8:00PM	BASKETBALL— FULL GYM 8:00 - 10:00 PM		BASKETBALL— FULL GYM 8:00 - 10:00 PM	
5pm		OPEN GYM—FULL GYM 8:15-10:00PM	BASKETBALL— FULL GYM 8:00 PM—10:00 PM				
6pm							

705-674-8315
ymcaneoc.ca
Schedules are subject to change.