



Gym Schedule

April 9th—June 18th 2023

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am		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 8:00 - 9:00 AM	PICKLEBALL—FULL GYM 8:00-11:00AM 3 COURTS
8am	OPEN GYM—FULL GYM 6:00-10:30AM				OPEN GYM—FULL GYM 6:00-12:00 PM		
9am		STRENGTH FIT 9:30-10:15AM	CYCLE & CORE 8:30-9:15AM	MUSCLE FIT 9:30-10:15AM		PROGRAMMING - FULL GYM 9:30 —2:00 PM	
11am	FOREVER FIT 10:30-11:30AM	BOOT CAMP 12:10—12:45PM	OPEN GYM —FULL GYM 9:30—1:00 PM	OPEN GYM-FULL GYM 10:30-1:00PM	BOOT CAMP 12:10—12:45PM		
1pm	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	PICKLEBALL 2 COURTS 1:00-3:00PM	BASKETBALL—FULL GYM 2:00-4:00PM	BASKETBALL—FULL GYM 12:00PM-4:00PM
3pm	OPEN GYM—FULL GYM 3:00 - 4:30PM	OPEN GYM—FULL GYM 3:00 - 4:30PM	OPEN GYM—FULL GYM 3:00— 4:00PM	OPEN GYM —FULL GYM 3:00-4:30PM			
4pm	OPEN GYM—HALF GYM 6:30—10:00 PM	PROGRAMMING—FULL GYM 5:00PM-8:00PM	OPEN GYM—HALF GYM 4:00-8:00PM	PROGRAMMING—FULL GYM 5:00PM-8:00PM	FIVE DOLLAR FRIDAYS (TEENS) 5:00-9:30PM		
5pm	JUDO - HALF GYM 6:30-9:00PM		PICKLEBALL 3 COURTS 6:00PM-8:00PM				
6pm		OPEN GYM—FULL GYM 8:15-10:00PM	BASKETBALL— FULL GYM 8:00 PM—10:00 PM	BASKETBALL— FULL GYM 8:15 - 10:00 PM			

705-674-8315

ymcaneo.ca

Schedules are subject to change.