



Gymnasium Schedule

Spring Session: April 10 - June 18, 2023

Building Hours:

Monday - Friday 5:30 AM - 10 PM

Saturday & Sunday 7 AM - 5 PM

Statutory Holidays 8 AM - 4 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM (full) 5:30 - 6:45 AM	OPEN GYM (full) 5:30 - 6:45 AM	OPEN GYM (full) 5:30 - 6:45 AM	OPEN GYM (full) 5:30 - 6:45 AM	OPEN GYM (full) 5:30 - 6:45 AM		
OPEN GYM (half) 6:45 - 9 AM	OPEN GYM (half) 6:45 - 9 AM	OPEN GYM (half) 6:45 - 9 AM	OPEN GYM (half) 6:45 - 9 AM	OPEN GYM (half) 6:45 - 9 AM	OPEN GYM (full) 7 - 9 AM	OPEN GYM (full) 7 - 9 AM
PICKLEBALL 9 - 11 AM	PICKLEBALL 9 - 11 AM	PICKLEBALL 9 - 11 AM	PICKLEBALL 9 - 11 AM	PICKLEBALL 9 - 11 AM	PROGRAMMING 9 AM - 12:15 PM	OPEN GYM (half) 9 AM - 4 PM
OPEN GYM (full) 11 AM - 12 PM	OPEN GYM (full) 11 AM - 12 PM	CHAIR YOGA 11:15 AM - 12 PM	OPEN GYM (full) 11 AM - 12 PM	OPEN GYM (full) 11 AM - 2:30 PM		
ZUMBA 12:10 - 12:50 PM	PICKLEBALL 12 - 2 PM	OPEN GYM (full) 12:15 - 2:30 PM	PICKLEBALL 12 - 2 PM		OPEN GYM (half) 1:30 - 4:45 PM	
OPEN GYM (full) 1 - 2:30 PM		OPEN GYM (half) 2 - 4:30 PM	OPEN GYM (half) 2:30 - 4:30 PM	OPEN GYM (half) 2:30 - 4:30 PM		OPEN GYM (full) 4 - 4:45 PM
PROGRAMMING 4:30 - 7:45 pm	PROGRAMMING 4:30 - 7:45 PM	PICKLEBALL 4:30 - 6:30 PM	PROGRAMMING 4:30 - 7:45 PM	TEEN NIGHT 4:30 - 9:45 PM		
OPEN GYM (full) 7:45 - 9:45 PM		ZUMBA 6:30 - 7:30 PM				
	RENTAL 8 - 9 PM	OPEN GYM (full) 9 - 9:45 PM	RENTAL 7:45 - 9:45 PM			
	OPEN GYM (full) 9 - 9:45 PM	OPEN GYM (full) 9 - 9:45 PM				

Schedules are subject to change.

705-497-9622 ymcaneo.ca
Building healthy communities