



# Gymnasium Schedule

Winter Session: January 8 - March 25  
 Registration required for all programs.

Building Hours:  
 Monday - Friday 5:30am-9:30pm  
 Saturday & Sunday 8am-4pm  
 Statutory Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fitness Class (Half) 6:15 – 7:00 am	Fitness Class (Half) 6:15 – 7:00 am	Fitness Class (Full) 6:15 – 9:15 am	Fitness Class (Half) 6:15 – 7:00 am	Open Gym (Full) 5:30 – 8:30 am	Open Gym (Full) 8:00 – 9:00 am	Pickleball (Full) 8:00 – 10:00am
Open Gym (Full) 7:00 – 8:00 am	Open Gym (Half) 7:00 – 8:30 am		Open Gym (Half) 7:00 – 8:30 am	Fitness Class (Full) 8:30 – 1:00 pm	Fitness Class (Full) 8:30 – 10:15 am	Fitness Class (Half) 9:00 – 9:45 am
Fitness Class (Full) 8:00 – 1:00 pm	Fitness Class (Full) 8:30 – 1:00 pm	Open Gym (Half) 9:15 – 10:00 am	Open Gym (Full) 10:15 – 12:10 pm		Programming Full (Full) 9:00 – 12:15 pm	
		Fitness Class (Full) 10:00 – 1:00 pm	Fitness Class (Full) 12:10 – 1:00 pm		Programming (Half) 12:15 – 2:00 pm	
Pickleball (Full) 1:00 – 3:00 pm	Pickleball (Full) 1:00 – 3:00 pm	Pickleball (Full) 1:00 – 3:00 pm	Pickleball (Full) 1:00 – 3:00 pm	Pickleball (Full) 1:00 – 3:00 pm	Open Gym (Full) 2:00 – 4:00pm	
Open Gym (Full) 3:00 – 5:30 pm	Open Gym (Full) 3:00 – 5:30 pm	Open Gym (Full) 3:00 – 5:30 pm	Open Gym (Full) 3:00 – 5:15 pm	Open Gym (Full) 3:00 – 4:00 pm		
Programming (Full) 5:30 – 6:30pm	Programming (Full) 5:15 – 7:30 pm	Programming (Full) 5:30pm-7:35pm	Programming (Full) 5:15 – 7:30pm	Teen Night (Full) 4:00 – 9:30pm		
Programming (Full) 6:00pm - 9:30 pm	Programming (Half) 7:30 – 9:00 pm					
		Open Gym (Full) 9:00 – 9:30pm	Open Gym (Full) 7:35 – 9:30pm			Pickleball (Full) 7:30 – 9:30pm

Schedules are subject to change.

705-674-8315 | ymcaneco.ca