

Fall/Winter Interim Gym Schedule

December 8, 2025 to January 4, 2026

Building Hours:

Monday - Friday 5:30am – 9:30pm

Saturday & Sunday 8am - 6pm

Holidays 8am-4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-8:15am	Open Gym 5:30-9:15am	Open Gym 5:30-8:15am	Open Gym 5:30-9:15am	Open Gym 5:30-8:30am	Open Gym 8:00-11:00am	Pickleball 8:00-10:00am
Fitness Class 8:30-9:15am	Fitness Class 9:30-10:15am	Fitness Classes 8:30am -9:15am	Fitness Class 9:30-10:15am	Fitness Class 9:00-9:45am		
Fitness Class 10:30-11:15am	Open Gym 10:30am-12:45pm	Fitness Classes 9:30am -10:15am	Open Gym (Half) 10:30am-12:45pm	Open Gym 10:00am-11:55am	Family Gym Drop-In (Half Gym) 11:00am-1:00pm	
Open Gym 11:45am-11:55am		Open Gym 10:30am-11:55am				
Fitness Class 12:10-12:45pm			Fitness Class 12:10-12:45	Family Gym Drop-In (Half Gym) 10:30am-12:45pm	Fitness Class 12:10-12:45pm	Open Gym (Half) 11:00am-1:00pm
Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm		
Open Gym (Half) 3:00-9:15pm	Open Gym (Half) 3:00-5:00pm	Open Gym (Half) 3:00-9:15pm	Open Gym (Half) 3:00-9:15pm	Open Gym 3:00-4:00pm	Open Gym 10:15am- 2:30pm	
				Teen Night 4:00 - 9:15pm		Open Gym (Half) 11:00am-1:00pm
After School Gym (half) 4:45-5:15pm	After School Gym (half) 4:45-5:15pm	After School Gym (half) 4:45-5:15pm	Private Rental 2:45-4:00pm			
Judo Drop-in (Half Gym) 6PM-9:30PM	Open Gym 5:15-7:30pm	Family Gym Drop-In (Half Gym) 5:15pm-7:20pm			Open Gym 1:00-5:45pm	
Open Gym (Half) 6:00-9:30pm	Pickleball 7:30-9:30pm	Open Gym (Half) 5:15-7:20pm				
		Dodgeball Drop-In 16+ (Half) 7:20pm-9:30pm				
		Open Gym (Half) 7:20pm-9:30pm				

Schedules are subject to change.

705-674-8315 | ymcaneo.ca



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