Northeastern Ontario

Shine On

Fall Gym Schedule

September 28- December 6, 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 5:30am-8:15am	Open Gym 5:30am-9:15am	Open Gym 5:30-8:15am	Open Gym 5:30am-9:15am	Open Gym 5:30am-8:45am		Pickleball 8:00am-11am
Fitness Class 8:30am-9:30am	Fitness Class 9:15-10:30am	Fitness Class 8:30am-9:30am	Fitness Class 9:30-10:30am	Fitness Class 9:00-10am		
Open Gym 9:30am-10:15am	Open Gym 10:30am Open Gym 11:30am-1pm - 12:45pm	Open Gym 9:30-10:30am	Open Gym 10:30-12:45pm	Open Gym 10:00am-12:45pmpm	Programming (Half gym) 8:00AM-12:45pm	Sudbury 5 Gym Rental 11am-2:30pm ********** Open Gym 2:30pm-5:45pm
Fitness Class 10:30-11:30am		Fitness Class 10:30am-11:30am				
Open Gym 11:30am-1pm		Open Gym 11:30am-1pm				
Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm	Pickleball 1:00-:300pm	Pickleball 1:00-3:00pm	Pickleball 1:00-3:00pm		
Open Gym 3:05-4:15pm	Open Gym (Half) 3:05-8pm	Open Gym 3:05pm-5:15pm	Open Gym (Half) 3:05-5:15pm	Open Gym 3:05-4:30pm	Open Gym (Half) 8:00-12:45pm	
	Afterschool Programming (Half) 3:30pm-5:30pm		Afterschool Programming (Half) 3:30pm-4:45pm			
Programming (Half) 4:15pm-7PM	Programming 5:30pm-8pm Rental 8pm-9:15pm	Programming 5:15pm-7:45pm	Programming 5:15pm-7:30pm		Open Gym 12:45-5:45pm	
Open Gym (Half) 4:30pm-6:15pm		Pickleball 7:45pm-9:15pm	Drop in 3 on 3 Basketball 7:30pm-9:15pm	Teen Night 4:30 - 9:15pm		
Judo (Half Gym) 6:15PM-9:30PM						
Open Gym (Half) 7:15pm-9:15pm						

Schedules are subject to change.