

**Hours of Operation**

Monday to Friday 5:30am – 10:00pm

Saturday & Sunday 7:30am – 5:30pm

**Statutory Holidays**

9:00am – 2:00pm



YMCA of Central East Ontario  
 Belleville Branch  
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<http://www.ymcaofceo.ca>  
 Effective January 7 2019

**2018 FITNESS CLASS \* REGISTERED PROGRAM \* OPEN GYM SCHEDULE**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>OPEN GYM</b>	5:30AM-8:15AM 10:45AM-12:00PM 1:00PM-5:00PM 7:45PM-9:45PM	5:30AM-9:15AM 10:45AM-11:15AM 1:00PM-5:15PM 8:00PM-9:45PM	5:30AM-8:15AM 10:45AM-12:00PM 1:00PM-4:00PM 7:00PM-9:45PM	5:30AM-9:15AM 1:00PM-4:00PM 6:45PM-9:45 PM	5:30AM-8:15AM 10:45AM-12:00PM 1:00PM-5:15PM 6:45PM-9:45PM	7:30AM-8:45AM 10:15AM-11:45AM 3:45PM-5:15PM	7:30AM-11:45AM 3:45PM-5:15PM
<b>Adult Health and Fitness Classes &amp; Programs</b>	8:00AM-8:30AM Turf Time Challenge the rig	8:30AM-9:15AM Cyclefit (CR) spin room	8:00AM-8:30AM Turf Time Circuit the rig	8:00AM-8:30AM Turf Time Challenge the rig	8:30AM-9:10AM Gentlefit gym	9:00AM-10:00AM Sculpt & Tone gym	1:00PM-2:45PM Y-Tri Youth Program pool / track / spin
	8:30AM-9:10AM Gentlefit gym	9:30AM-10:30AM Sculpt & Tone gym	8:30AM-9:10AM Gentlefit gym	8:30AM-9:15AM Cyclefit (CR) spin room	9:30AM-10:30AM Pilates gym	10:00AM-10:45AM Cyclefit (CR) spin room	
	9:30AM-10:30AM Cardio/Core/Sculpt gym	11:30AM-12:00PM Tai Chi gym	9:30AM-10:30AM Yoga (CR) gym	9:30AM-10:30AM Dance Evolution gym	10:45AM-11:45AM Meditation studio	12:30PM-1:00PM Turf Time Challenge the rig	
	12:00PM-12:30PM Turf Time Challenge the rig	12:00PM-12:30PM Turf Time Challenge the rig	11:30AM-12:00PM Yin Yoga studio	10:45AM-11:30AM MHS Floor Hockey gym	12:10PM-12:55PM Yoga (CR) gym		
	12:10PM-12:55PM Cyclefit (CR) spin room	12:10PM-12:55PM Cardio/Core/Sculpt gym	12:00PM-12:30PM Turf Time Challenge the rig	11:30AM-12:00PM Tai Chi studio	1:00PM-1:30PM Turf Time Challenge the rig		
	5:30PM-6:15PM Cyclefit (CR) spin room	1:30PM-3:00PM Post Rehab conditioning area	12:10PM-12:45PM HIIT Cardio gym	12:00PM-12:30PM Turf Time Challenge the rig	5:30PM-6:30PM Cardio/Core/Sculpt gym		
	6:00PM-6:30PM Turf Time Circuit the rig	4:00PM-4:45PM Teen Strength conditioning area	4:00PM-4:45PM Teen Strength conditioning area	12:10PM-12:55PM Cardio/Core/Sculpt gym	7:30PM-8:00PM Turf Time Challenge the rig		
	6:30PM-7:30PM Mix It Up gym	4:30PM-5:00PM Turf Time Circuit the rig	5:30PM-6:15PM Cycle Strength (CR) spin room	1:30PM-3:00PM Post Rehab conditioning area			
	7:00PM-8:00PM Yoga auditorium	5:00PM-5:45PM Yoga multi purpose room	6:00PM-6:30PM Turf Time Circuit the rig	4:00PM-4:45PM Teen Strength conditioning area			
	7:30PM-8:00PM Turf Time Challenge the rig	5:30PM-6:00PM Hiit Lower & Core gym	6:15PM-6:45PM Core/Fusion gym	4:30PM-5:00PM Turf Time Circuit the rig			
		6:00PM-6:30PM Hiit Upper & Core gym	7:30PM-8:00PM Turf Time Challenge the rig	5:00PM-5:45PM Yoga multi purpose room			
		6:15PM-7:00PM Family Cyclefit (CR) spin room		5:30PM-6:00PM Hiit Upper & Core gym			
		6:45PM-7:45PM Kickboxing gym		6:00PM-6:30PM Hiit Lower & Core gym			
		7:30PM-8:00PM Turf Time Challenge the rig		6:15PM-7:00PM Cyclefit spin room			
				6:30PM-7:30PM Yin Yoga studio			
			7:00PM-7:30PM Turf Time Circuit the rig				
			7:30PM-8:00PM Turf Time Challenge the rig				