

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
433 Victoria Ave Belleville, Ontario K8N 2G1
Tel. 613-966-9622
Fax. 613-962-9247
<http://www.ymcaofceo.ca>
Effective January 7 2019

2019 FITNESS CLASS * REGISTERED PROGRAM * OPEN GYM SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|--|--|---|--|--|---|
| OPEN GYM | 5:30AM-8:15AM 10:45AM-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 12:00PM-5:15PM | 7:30AM-5:15PM |
| Adult Health and Fitness Classes & Programs | 8:00AM-8:30AM Turf Time Challenge the rig | 8:00AM-8:30AM Tai Chi studio | 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 | 8:30AM-9:15AM Cyclefit (CR) spin room | 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 | 9:30AM-10:30AM Sculpt & Tone 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) studio | | |
| | 12:10PM-12:55PM Cyclefit (CR) spin room | 12:10PM-12:55PM Cardio/Core/Sculpt gym | 12:00PM-12:30PM Corporate Fitness the rig | 11:30AM-12:00PM Tai Chi studio | 1:00PM-1:30PM Turf Time Challenge the rig | | |
| | 1:00PM-1:30PM Corporate Fitness the rig | 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 | | |
| | 5:30PM-6:15PM Cyclefit (CR) spin room | 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 | | |
| | 6:00PM-6:30PM Turf Time Circuit the rig | 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 | | | |
| | 6:30PM-7:30PM Mix It Up gym | 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 | | | |
| | 7:00PM-8:00PM Yoga auditorium | 5:30PM-6:00PM Hiit Lower & Core gym | 6:15PM-6:45PM Core/Fusion gym | 4:30PM-5:00PM Turf Time Circuit the rig | | | |
| | 7:30PM-8:00PM Turf Time Challenge 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 | | | |
| | | 6:30PM-7:30PM Kickboxing studio | | 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 | | | | |