



# OPEN GYM SCHEDULE STARTS JANUARY 9TH, 2023

## Quinte West Y M C A

[YmcaofCeo.ca](http://YmcaofCeo.ca)



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
8 – 10AM FITNESS CLASSES	9 – 11AM FITNESS CLASSES	9 – 10AM FITNESS CLASSES	9 – 10AM FITNESS CLASSES	8 – 10:30AM FITNESS CLASSES	9 – 10AM FITNESS CLASSES	<b>7AM – 5:30PM OPEN GYM</b> West Gym
<b>10AM – 12PM OPEN GYM</b>	<b>11AM – 5PM OPEN GYM</b>	10:30AM – 12PM YOUTH PROGRAMS	<b>10AM – 12PM OPEN GYM</b>	<b>10:30AM – 9PM OPEN GYM</b>	9AM – 12:30PM YOUTH PROGRAMS	<b>7AM-5:30PM OPEN FAMILY PLAY</b> East Gym
12 – 3PM PICKLEBALL	4:30 - 7PM YOUTH PROGRAMS	<b>10 – 12PM OPEN GYM</b> West Gym			<b>12:30 – 5:30PM OPEN GYM</b> West Gym	
<b>3 – 5PM OPEN GYM</b>		12 - 3PM PICKLEBALL	12 - 3PM PICKLEBALL		<b>12:30-5:30PM OPEN FAMILY PLAY</b> East Gym	
5 - 7:30PM YOUTH PROGRAMS	5 – 6:30PM FITNESS CLASSES	<b>3 – 5PM OPEN GYM</b>	5-8PM YOUTH PROGRAMS			
<b>7:30 – 9PM OPEN GYM</b>	<b>6:30 – 8:30PM Wheelchair Basketball</b>	5 – 6:30PM FITNESS CLASSES	<b>3 – 9PM OPEN GYM</b> West Gym			
		<b>7:30 – 9PM OPEN GYM</b>				

\*Pickleball is open drop-in

\*\*Youth programs are registered. Please see membership services for information.