


Open Gym Schedule Effective Monday, April 1, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00am – 8:00am					Open Gym 7:00am-8:45am	Open Gym 7:00am – 9:00am
Fitness Classes 8:30am-11:15am	Fitness Classes 8:30am – 1:15pm	Fitness Classes 8:30am-11:15am	Fitness Classes 8:30am – 1:15pm	Fitness Classes 8:30-10:45am	Fitness Class 9:00-10:15am	Youth Programs 9:00- 10:15am
Open Gym 11:15am-5:15pm	Open Gym 1:15pm-5:15pm	Open Gym 11:15am-5:15pm	Open Gym 1:15pm-5:15pm	Open Gym 11:00am-8:45pm	Youth Programs 10:15am – 12:45pm	Open Gym 11:00am- 2:45pm
Fitness Classes 5:30pm-6:45pm	Fitness Classes 5:30pm-6:45pm	Fitness Classes 5:30pm-6:45pm	Fitness Classes 5:30pm-6:45pm			
Open Gym 7:00pm-8:45pm	Open Gym 7:00pm-8:45pm	Open Gym 7:00pm-8:45pm	Open Gym 7:00pm-8:45pm		Open Gym 1pm – 2:45pm	

This schedule is subject to change at any time. For more information, please contact the Children & Youth Program Coordinator, Amanda Quinn at amanda.quinn@ceo.ymca.ca