

# Open Gym Schedule Effective Tuesday, July 2nd, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Gym 6:00am – 8:15am</b>					<b>Open Gym 7:00am – 2:45pm</b>	<b>Open Gym 7:00am – 2:45pm</b>
Fitness Classes 8:30am-10:15am	Fitness Classes 8:30am – 10:15pm	Fitness Classes 8:30am-11:15am	Fitness Classes 8:30am – 11:15pm	Fitness Classes 8:30-10:45am		
Camp 11:00am-12:00pm	Camp 11:00am-12:00pm	Camp 11:15am-12:00pm	Camp 11:15am-12:00pm	Camp 11:00am-12:00pm		
	<b>OPEN GYM 12:00-1:00pm</b>					
Pickleball 12:00-1:00pm	Group Class 1:00-2:00pm	Basketball 3 on 3 12:00-1:00pm	<b>Open Gym 12:00pm-4:00pm</b>	<b>Open Gym 12:00pm-4:00pm</b>		
<b>Open Gym 1:00 – 4:00pm</b>	<b>Open Gym 2:00 – 4:00pm</b>	Pickleball 1:00-2:00pm				
		<b>Open Gym 2:00 – 4:00pm</b>				
4-4:45pm Camp	4-4:45pm Camp	4-4:45pm Camp	4-4:45pm Camp	4-4:45pm Camp		
<b>Open Gym 4:45-5:15pm</b>	<b>Open Gym 4:45-8:45pm</b>	<b>Open Gym 4:45-5:15pm</b>	<b>Open Gym 4:45-8:45pm</b>	<b>Open Gym 4:45-8:45pm</b>		
Fitness Classes 5:30-6:15pm		Fitness Classes 5:30-6:15pm				
<b>Open Gym 4:45-5:15pm</b>		<b>Open Gym 4:45-5:15pm</b>				



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](mailto:amanda.quinn@ceo.ymca.ca)