

Winter 2026

Gymnasium Schedule

Updated March 30, 2026

Please note that there will be a minimum 10-minute set-up period between all programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Morning							
Open Gym 5:30am-8:45am	Open Gym 5:30am-10:15am	Open Gym 5:30am-8:45am	Open Gym 5:30am-10:15am	Open Gym 5:30am-12:15pm	Open Gym 5:30am-10:15am	Open Gym 5:30am-9:15am	
Aerobics 9:00am-10:00am		Aerobics 9:00am-10:00am			Special Olympics 8:30am-10:00am	Pickle Ball 9:30am-11:00am	
Child Care Programming 10:00am-12:00pm	Rejuvenate 10:30am-12:00pm	Child Care Programming 10:00am-12:00pm	Rejuvenate 10:30am-12:00pm		Open Gym 10:15am-3:30pm	Open Gym 11:15am-7:00pm	
Afternoon							
Open Gym 12:00pm-9:00pm	Bootcamp 12:10pm-1:15pm	Open Gym 12:00pm-1:15pm	Open Gym 12:30pm-5:45pm	Pickle ball 12:00pm-2:30pm	Open Gym 10:15am-7:00pm	Open Gym 11:15am-7:00pm	
	Pickle Ball 1:30pm-3:30pm	Senior Fit 1:30pm-2:00pm					
Evening							
Open Gym 12:00pm-9:00pm	Open Gym 12:00pm-9:00pm	Open Gym 2:15pm-5:45pm	Open Gym 12:30pm-5:45pm	Volleyball (6:00pm-9pm) (Half-gym)	Open Gym 2:45pm-9:00pm	Open Gym 10:15am -7:00pm	
		Dodgeball 6:00pm-9:00pm	Pickle Ball 6:00pm-8:00pm				Open Gym 8:15pm-9:00pm
<p>Schedule subject to change without notice.</p> <p>nbc.ymca.ca/health-fitness-2/pgfy-2/#schedules</p>							