

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
<b>Morning</b>							
<b>Open Gym</b> 5:30am-8:45am	<b>Open Gym</b> 5:30am-10:15am	<b>Open Gym</b> 5:30am-8:45am	<b>Open Gym</b> 5:30am-10:15am	<b>Open Gym</b> 5:30am-11:45pm	<b>Open Gym</b> 7:00am-3:30pm	<b>Open Gym</b> 7:00am-9:15am	
<b>Aerobics</b> 9:00am-10:00am		<b>Aerobics</b> 9:00am-10:00am				<b>Pickle Ball</b> 9:30am-11:00am	
<b>Child Care Programming</b> 10:00am-12:00pm	<b>Rejuvenate</b> 10:30am-12:00pm	<b>Child Care Programming</b> 10:00am-12:00pm	<b>Rejuvenate</b> 10:30am-12:00pm			<b>Open Gym</b> 11:15am-7:00pm	
<b>Afternoon</b>							
<b>Open Gym</b> 12:00pm-1:00pm	<b>Bootcamp</b> 12:10pm-1:15pm	<b>Open Gym</b> 12:00pm-1:15pm	<b>Open Gym</b> 12:30pm-5:45pm	<b>Pickle ball</b> 12:00pm-2:30pm	<b>Open Gym</b> 7:00am-3:30pm	<b>Open Gym</b> 11:15am-7:00pm	
<b>Senior Fit</b> 1:30pm-2:30pm	<b>Pickle Ball</b> 1:30pm-3:30pm	<b>Senior Fit</b> 1:30pm-2:30pm					
<b>Evening</b>							
<b>Open Gym</b> 2:45pm-9:00pm	<b>Open Gym</b> 3:45pm-9:00pm	<b>Open Gym</b> 2:45pm-9:00pm	<b>Open Gym</b> 12:30pm-5:45pm	<b>Volleyball</b> (6:00pm-9pm) (Half-gym)	<b>Open Gym</b> 2:45pm-9:00pm	<b>Growing Mindfully</b> 3:45p.m-5:15pm	<b>Open Gym</b> 11:15am-7:00pm
			<b>Pickle Ball</b> 6:00pm-8:00pm			<b>Open Gym</b> 5:30pm - 7:00pm	
			<b>Open Gym</b> 8:15pm-9:00pm				
<b>Schedule subject to change without notice.</b>				Website: <a href="http://ymcabc.ca">ymcabc.ca</a>			