Bob Chan Kent Family YMCA

YMCA BC

Gymnasium Schedule

Effective Sept 08 2026

Room Guide: (F) Full Gymnasium · (W) West Gymnasium (E) East Gymnasium

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning – Open to 12:00pm						
Open Gym (F) 6:00am – 9:00am	**Strength** (F) 6:15am – 7:00am *Pre-Registration Recommended on Mindbody*	**Open Gym** (F) 6:00am – 9:00am	**Sweat** (F) 6:15am – 7:00am *Pre-Registration Recommended on Mindbody*	**Open Gym** (F) 6:00am – 9:00am	**Open Gym** (F) 7:00am – 8:45am	**Open Gym** (F) 7:00am – 2:00pm
Strength (F) 9:15am – 10:15am *Pre-Registration Recommended on Mindbody*	**Open Gym** (F) 7:15am – 9:30am	**Sweat** (F) 9:15am – 10:15am *Pre-Registration Recommended on Mindbody*	**Open Gym** (F) 7:15am – 9:30am	**Sweat** (F) 9:15am – 10:15am *Pre-Registration Recommended on Mindbody*	**Multi-Sports (6-12 yrs)** (F) 9:00am – 10:15am	
Gentle Cardio (F) 10:45am – 11:30am *Pre-Registration Recommended on Mindbody*		**Gentle Cardio** (F) 10:45am – 11:30am *Pre-Registration Recommended on Mindbody*		**Gentle Cardio** (F) 10:45am – 11:30am	**Multi-Sports (6-12 yrs)** (F) 10:30am – 11:45am	
Open Gym (F) 11:45am-1:15pm	**Adult Walking** (F) 11:00am – 11:30am	**Open Gym** (F) 11:45am – 1:15pm	**Adult Walking** (F) 11:00am – 11:30am			
Afternoon – 12:00pm to 4:00pm						
Gentle Cardio and Tone (F) 1:30pm – 2:30pm *Pre-Registration Recommended on Mindbody*	**Adult Basketball** (F) 12:00pm – 1:15pm	**Gentle Cardio and Tone** (F) 1:30pm – 2:30pm *Pre-Registration Recommended on Mindbody*	**Adult Basketball** (F) 12:00pm – 1:15pm	**Adult Basketball** (F) 12:00pm – 1:15pm	**Open Gym** (F) 12:00pm-1:00pm	
	Drop In Badminton (F) 1:30pm-3:00pm *Pre-Registration Recommended on Mindbody*		**Drop In Badminton** (F) 1:30pm-3:00pm *Pre-Registration Recommended on Mindbody*	**Open Gym** (F) 1:30pm– 3:00pm	**Drop In Badminton** (F) 1:30pm-3:00pm *Pre-Registration Recommended on Mindbody*	
Youth Drop-In Sports (F) 3:00pm – 4:30pm	**Youth Drop-In Sports** (F) 3:00pm – 4:30pm	**Youth Drop-In Sports** (F) 3:00pm – 4:30pm	**Youth Drop-In Sports** (F) 3:00pm – 4:30pm	**Youth Drop-In Sports** (F) 3:00pm – 4:30pm	**Youth Drop-In Sports** (F) 3:00pm – 4:30pm	**Drop-In Badminton** (F) 2:30pm – 4:30pm *Pre-Registration Recommended on Mindbody*
Evening – 4:00pm to Close						
Open Gym (F) 4:30pm – 5:15pm	**Open Gym** (F) 4:30pm – 5:00pm	**Open Gym** (F) 4:30pm – 5:15pm	**Open Gym** (F) 4:30pm – 6:30pm	**Open Gym** (F) 4:30pm – 6:30pm	**Drop-In Volleyball** (F) 4:30pm-6:45pm	**Drop-In Volleyball**(F) 4:30pm-6:45pm
Sweat (F) 5:30pm – 6:30pm *Pre-Registration Recommended on Mindbody*	**Multi-Sports (6-12 yrs)** (F) 5:15pm – 6:30pm	**Strength** (G) 5:30pm – 6:30pm *Pre-Registration Recommended on Mindbody*	**Sweat** (G) 6:45pm – 7:45pm			
Drop-in Badminton 6:45pm-8:45pm *Pre-Registration Recommended on Mindbody*	**Multi-Sports (6-12 yrs)** (F) 6:45pm – 8:00pm	**Open Gym** (F) 6:45pm – 9:00pm	**Open Gym** (F) 8:00pm – 9:00pm	**Drop-in Badminton** 6:45pm-8:45pm *Pre-Registration Recommended on Mindbody*		
	Drop-In Volleyball(F) 8:00pm – 8:45pm					
Updated Aug 24 2026						