Iel̓əm̓ YMCA Community Centre

September 28th - December 20th

Updated Oct 22/26

Great Hall Classes and Programs

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Table Tennis (19+) 9:00am - 11:00am	**Seniors** **Table Tennis** 9:00am - 11:00am		**Open Stretching** 9:00am - 11:00am		**Strength +** **Conditioning** 8:45am - 9:45am	**Open Stretching** 9:00am - 11:00am
Community **Chess Club** 11:30am - 1:30pm	**Seniors** **Open Stretching** 11:15am - 1:15pm	**Community** **Chess Club** 11:30am - 1:30pm	**Hatha Yoga** 12:00pm - 1:00pm	**Community** **Chess Club** 11:30am - 1:30pm	**Beginner** **Mat Pilates** 10:00am - 11:00am	**Table Tennis (19+)** 11:30am - 1:30pm
Zumba 4:15pm - 5:15pm	**Youth Table Tennis** *(ages 10-14)* 3:00pm - 4:00pm	**Youth Table Tennis** *(ages 10-14)* 3:00pm - 4:00pm	**Table Tennis (19+)** 1:30pm - 3:30pm	**Youth Table Tennis** *(ages 10-14)* 3:00pm - 4:00pm	**Table Tennis (19+)** 11:30am - 1:30pm	**Family Games Room** 2:00pm - 4:00pm
Vinyasa Yoga 5:30pm - 6:30pm	**Kids Yoga** *(ages 7-11)* 4:30pm - 5:15pm	**Family Games Room** 4:15pm - 5:15pm	**HIIT** 5:30pm - 6:30pm	**Muscle Up** 4:15pm - 5:15pm	**All Ages Chess Club** 2:00pm - 4:00pm	**Rental** 4:15pm - 5:45pm
Breathwork + **Guided Meditation** 6:45pm - 7:45pm	**Flow Yoga** 5:30pm - 6:30pm	**Persian Dance** 6:00pm - 7:00pm	**Deep Stretch** **& Mobility** 6:45pm - 7:45pm	**Cardio Kickboxing** 5:30pm - 6:30pm	**Open Stretching** 4:15pm - 5:00pm	