

HOURS OF OPERATION
M– F: **5:30am–9pm** | Saturday: **7am–6pm** | Sunday: **8am–4pm** (pool area opens at 9am)
Statutory Holidays (open on rotation): Canada Day, July 1.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY MORNING						
Yoga 6:15AM-7:00AM (S2)	Cycle 6:15-7AM (CR)	Strength 6:15-7AM (S2)	Cycle 6:15-7AM (CR)	Strength 6:15-7AM (S2)		
Cycle and Strength – Gentle 9:45AM-10:30AM (S1)	Cardio & Strength – Gentle fit 9:45-10:45AM (S2)	Cycle and Strength – Gentle 9:45AM-10:30AM (S1)	<i>Bridge to Wellness Level 2</i> 9:30-10:30AM (S2)	Yoga-Chair 9:45-10:45AM (S2)		Cardio Dance 9-9:45AM (S2)
LATE MORNING (11am) & AFTERNOON						
	Barre 11-11:45AM (S2)	Cardio Strength 11-11:45am (S2)	Barre 11-11:45AM (S2)	Strength 11-11:45AM (G)	Cardio Strength 10-10:45AM (S2)	Yoga-Flow 10-10:55am (S2)
Core 11-11:45am (S2)	Cycle 11-11:45am (CR)		Cycle 11-11:45AM (CR)	Yoga- Restorative 12:05-12:55PM (S2)	Cycle 11-11:45AM (CR)	Cardio & Strength Synrgy360 11-11:55AM (FTR)
Yoga-Flow 12:05-1PM (S2)	Yoga-Sculpt 12:05-12:50PM (S2)	Cycle 12:05-12:50PM (CR)	Cardio & Strength Synrgy360 12:05-12:50PM (FTR)			
Cycle 12:05-12:50PM (CR)	Strength-Lift 12:05-12:50Pm (CR)					
	<i>Bridge to Wellness Level 1</i> 1:15-2:15PM (S1)		<i>Bridge to Wellness Level 1</i> 1:15-2:15PM (S1)			
EVENING						
Bootcamp 5:30-6:25PM (G)	Strength 5-5:55PM (FTR)	Strength-Lift 5:15-6:10PM (G)	HIIT 5-5:55pm (FTR)	HIIT 5:30-6:25PM (FTR)		
	Cardio Dance 5-5:55PM (G)	Step 6:30-7:15PM (S2)	Cardio Dance-Zumba 5:30-6:25PM (G)			
	Yoga-Flow 6-6:55PM (S2)		Cycle 6-6:55PM (CR)			

Recreational Sports (G)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Gym 5:30-8:30am	Open Gym 5:30-8:30am	Badminton/Pickleball 5:30-8am	Open Gym 5:30-8:30am	Open Gym 5:30-8:30am	Open Gym 7-7:30am	Open Gym 8-9 am
Open Gym 8:30am-12:45pm	Open Gym 8:30am-12:00pm	Open Gym 10-10:45am	Open Gym 10-11:45am	Open Gym 10-10:45am	Pickleball 7:45-12:30pm	Pickleball 9-12pm
Badminton/Pickleball 1-3pm	Open Gym 12:00pm-1:00pm	Open Gym 10:45am-12:00pm	Badminton/Pickleball 12-3:00pm	Volleyball 10:50am-11:55am	Open Gym 12:45-5:45pm	Open Gym 12:15-3:45pm
Open Gym 3:15-5:15pm	Open Gym 1:00-4:45pm	Open Gym 12:00pm- 5pm	Open Gym 3:15-5:00PM	Open Gym 12-6pm		
Basketball 6:30-8:45pm	Open Gym 6:05-8:45pm	Volleyball 6:20- 8:45pm	Open Gym 6:30-8:45pm	Basketball 6-8:45pm		

Legend: (S1) Studio 1 (S2) Studio 2 (G) Gym (TP) Teach Pool (FC) Fitness Centre (MPR) Multipurpose Room (FTR) Functional Training room

Note: Bridge to Wellness is a registered sessional program.

Registration: Pre-Registration is required for everything except open gym. Registration opens Fridays at 7am for the following Monday-Sunday. Sign up at ymcanab.ca/register