

Chilliwack YMCA OPEN GYM Schedule

Effective May 2, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00am – 9:00am	Open Gym 6:00am-11:45 am	Open Gym 6:00am-8:45am	Y Sweat 6:15am-7:00am	Open Gym 6:00am-8:45pm	Open Gym 7:00am-8:45am	Open Gym 7:00am-2:00pm
Y Strength 9:15am – 10:15am		Y Sweat 9:15am – 10:15am	Open Gym 7:15am-11:45am	Y Sweat 9:15am – 10:15am Y Gentle Cardio 10:45am-11:30am	MultiSports (6yrs-12yrs) 9:00am-10:15am	
Y Gentle Cardio 10:45am-11:30am	Lunch Bunch Basketball 11:45am – 1:00 pm	Y Gentle Cardio 10:45am-11:30am	Lunch Bunch Basketball 11:45am – 1:00 pm	Lunch Bunch Basketball 11:45am – 1:00 pm	Open Gym 10:30am-2:00pm	
Open Gym 11:45am-1:30pm 3:00pm – 5:00pm		Open Gym 11:45am-1:30pm 3:00pm-5:00pm	Open Gym 3:00pm-6:30pm			
Y Sweat 5:30pm-6:30pm		MultiSports (6yrs-12yrs) 5:15pm-6:30pm	Y Sweat 6:45pm-8:00pm			
Open Gym 6:45pm-9:00pm	Open Gym 3:00pm-9:00pm	Open Gym 6:45pm-9:00pm	Open Gym 8:15pm-9:00pm	Open Gym 3:00pm-9:00pm		