

Chilliwack YMCA OPEN GYM Schedule

Effective June 27 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 6:00am-9:00am	Open Gym 6:00am-8:30am	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
			Open Gym 7:00am-8:30am			
Y Strength 9:15am – 10:15am	Active Kids 9am-10:15am Multi-Sports 10:30am-11:45am 6-12 years Pre-registration required	Y Sweat 9:15am – 10:15am	Active Kids 9am-10:15am Multi-Sports 10:30am-11:45am 6-12 years Pre-registration required	Y Sweat 9:15am – 10:15am Y Gentle Cardio 10:45am-11:30am	Multi-Sports 9:00am- 10:15am 6-12 years Pre-registration required	
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 3:00pm-9:00pm	Open Gym 11:45am-1:30pm 3:00pm-5:00pm	Open Gym 3:00pm-6:30pm	Open Gym 3:00pm-9:00pm		
Y Sweat 5:30pm-6:30pm		Multi-Sports 5:15pm-6:30pm 6-12 years Pre-registration required	Y Sweat 6:45pm-8:00pm (June 30 only No classes for July)			
Open Gym 6:45pm-9:00pm		Open Gym 6:45pm-9:00pm	Open Gym 8:15pm-9:00pm			Updated June 25 2022

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